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Thursday,  
May 19,  
2005

# CRAWFORD COUNTY AVALANCHE

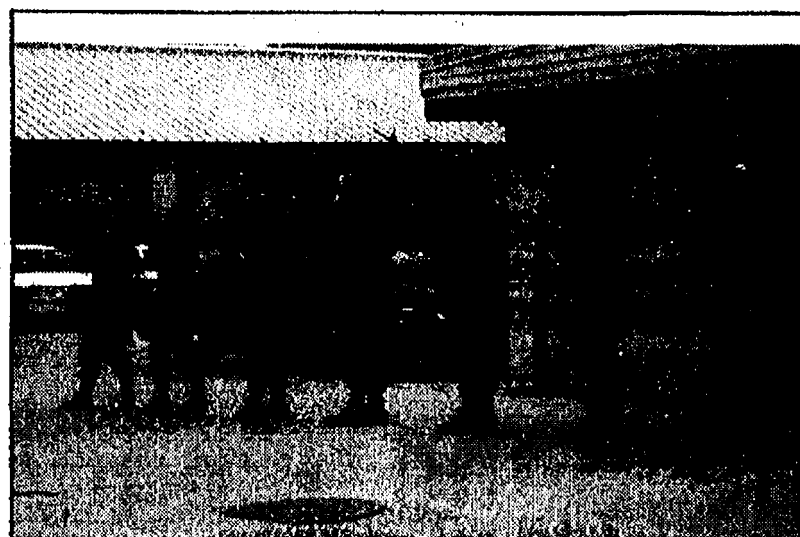
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## LAW ENFORCEMENT MEMORIAL



Photos by Dan Sanderson

Sheriff Kirk Wakefield motions toward two police officer garrison caps which were placed on chairs in honor of former Sheriff Arthur F. Clough and Grayling City Police Chief Peter Stephan at the Crawford County Sheriff's Office annual Law Enforcement Memorial ceremony held last week. Clough, who served as sheriff from 1961 to 1972, died on April 3, 2002. Stephan, who served as a City of Grayling police officer for 42 years and as chief for 27 years, died on November 10, 2004. On the left, a rifle squad from Camp Grayling conducts a 21-gun salute.



## Dumping in Crawford County a persistent problem

by Matt Seager  
Staff Writer

Many Crawford County residents are becoming increasingly concerned about large deposits of trash that can be found on state and federal land. The pollution of Michigan forests, including those in Crawford County, is a serious problem with no easy solution.

"Every year when the snow leaves citizens tend to notice (trash) more," said Ada Takacs, a DNR officer and volunteer programs manager for the Adopt-A-Forest branch of the Michigan Coalition for Clean Forests (MCCF).

The MCCF is an agency that began in Roscommon County in 1989 and became a statewide institution by 1991. It is a partnership among various parties, including businesses, which are interested in keeping Michigan forests clean. It is headed by the DNR and it sometimes works in conjunction with the U.S. Forest Service.

The MCCF is the parent agency of the Adopt-A-Forest program, which is designed to get citizens involved with cleaning up Michigan wilderness.

Takacs said that although it may seem like there is more contamination in the forest than usual at the moment, the illusion is created by the recently melted

snow exposing more junk. This, combined with muddy ground, leafless trees and gloomy skies makes the situation appear to be especially dismal.

That isn't to say that there is not a problem. In fact, the MCCF has identified 45 major trash dump sites in Crawford County, most of which contain truckloads of garbage. Materials being dumped in the forest include household appliances, carpet and even hazardous chemicals.

"We're doing very specific things in Crawford County to try to fix the problem," said Takacs. When a trash dump site is identified and reported by a citizen, conservation officers are dispatched to search for proof of dumping. Once this verification process is complete, the site is added to a DNR database, allowing the agency to take steps to clean up the site.

"This year, conservation officers are marking (trash dump sites) with their vehicles," said Takacs. In a high-tech update to the program, officers in Crawford County are driving out to dump sites and placing GPS devices, allowing them to precisely pinpoint junk in otherwise hard to find locations. Crawford County is the only county in

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## INVASIVE PLANT HELPS FEED THE HUNGRY

by Dan Sanderson  
Staff Writer

Popeye may push spinach but for Grayling native Natalie Kent garlic mustard is her plant to promote.

Kent, a 1999 graduate from Grayling High School, serves as the development associate and GIS technician for the Michigan Nature Association, a non-profit organization which operates 160 nature sanctuaries across the state. The sanctuaries are natural areas which are open to the public for bird watching and hiking, but are closed off to hunting and motor vehicles.

This spring, Kent and the Michigan Nature Association launched the "Eat the Invasive" project to promote the consumption of garlic mustard - an invasive plant which grows in the state which is edible.

In Europe, 69 insects and seven fungi keep garlic mustard in check. In the United States, the plant does not have any natural enemies and is able to displace native plants due to its high-seed production and monopolization of resources.

Several species of salamanders and mollusks, for example, are negatively impacted by garlic mustard's alteration of forests.

At least two rare native butterflies are also impacted when garlic mustard plants grow so tall that they displace their native toothwort host plants because larvae which are hatched on the garlic mustard plants do not survive.

In 1868, the first population of garlic mustard population was found on Long Island, N.Y. By 2000, garlic mustard had spread to more than 24 states and four provinces in Canada, with the heaviest infestations occurring in New England and in the Midwest.

In Michigan, the plant is prevalent in the four southern tiers of counties in the Lower Peninsula, affecting 28 counties. The plant can also be found in three counties in the northern Lower Peninsula and two counties in the Upper Peninsula.

One plant can produce up to 7,900 seeds, which can remain valid in the soils for up to five years.

Because the garlic mustard can spread such a great amount of seeds, the plant is typically plucked from natural areas in the spring before they mature. The plants are usually burned or

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Photo courtesy of Natalie Kent

Natalie Kent, a 1999 Grayling High School graduate, and the Michigan Nature Association launched the "Eat the Invasive" project to promote the consumption of garlic mustard - an invasive plant which grows in the state which is edible.

## Environmental studies approved

by Dan Sanderson  
Staff Writer

City of Grayling officials have given their approval for more extensive environmental studies to be done on four properties in hopes of encouraging development in the community.

The Grayling City Council at their last regular meeting agreed to have phase two environmental assessment studies done on potentially contaminated property in the community. The studies will be done at the former Bear Archery property, the Jamison property on South I-75 Business Loop next to Huntington Bank and at Diane's Car Wash and the Knights of Columbus Hall.

The phase two assessments call for test wells to be drilled at the properties to determine if contaminants are under the surface and what steps need to be taken to clean up the pollutants.

"This will make the properties more attractive to developers because they will know what needs to be done to clean them up before they purchase them," said Tim Zigila, chairman of the Brownfield Redevelopment Authority.

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## Crawford County Avalanche

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# Dumping in Crawford County forests a persistent problem

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Michigan where nearly 100% of the identified dump sites are marked with GPS devices.

"This is a good time of the year for volunteers," said Takacs. The DNR depends on volunteer help to deal with the trash dumping problem. Large volunteer groups seem to be the most effective approach to the clean-up process.

"We are trying to hit (the problem) in different directions," said Takacs. The MCCF recognizes that even the best clean up efforts will be of little help if people continue to regularly dump waste in the woods.

"There are education and law enforcement components for a long-term solution," said Takacs. Law enforcement officials are finding ways to track down people who illegally dump in the woods. For example, hundreds of phone books were recently dumped in a Crawford County forest. Officials are now taking steps to track the distribution of that particular phone book, which may trace them back to the owner of the shipment that was found in the woods.

On the education front, Grayling High School teachers Richard Moffitt and Darrin Hawes began a program last year in conjunction with the DNR where GHS students help to clean up Crawford County woods while learning to respect the Michigan wilderness.

"It creates an awareness among our students," said Moffitt. Between 180 and 200 students participated last year, removing 60 cubic yards of trash from a forest area behind the high school. Among the materials removed were parts from five separate cars, ovens and refrigerators. Both teachers noted that the impact of such environmental

devastation was not lost on the students.

"It makes (students) think twice before they destroy their environment," said Hawes. The teachers will lead the clean up for the second time on May 31, this time focusing on a different area of the county. About the same number of students will be participating this year.

In addition to educational and law enforcement tactics, the MCCF seeks to work with local communities to improve upon legal recycling and waste disposal options.

"Crawford County (residents) have a really good opportunity to get rid of their stuff legally," said Takacs. There is a landfill in the Frederic area and Crawford County is also one of the few Northern Michigan counties to offer curbside trash pickup in some areas.

Nevertheless, illegal dumping persists, probably due to perceived convenience of bypassing

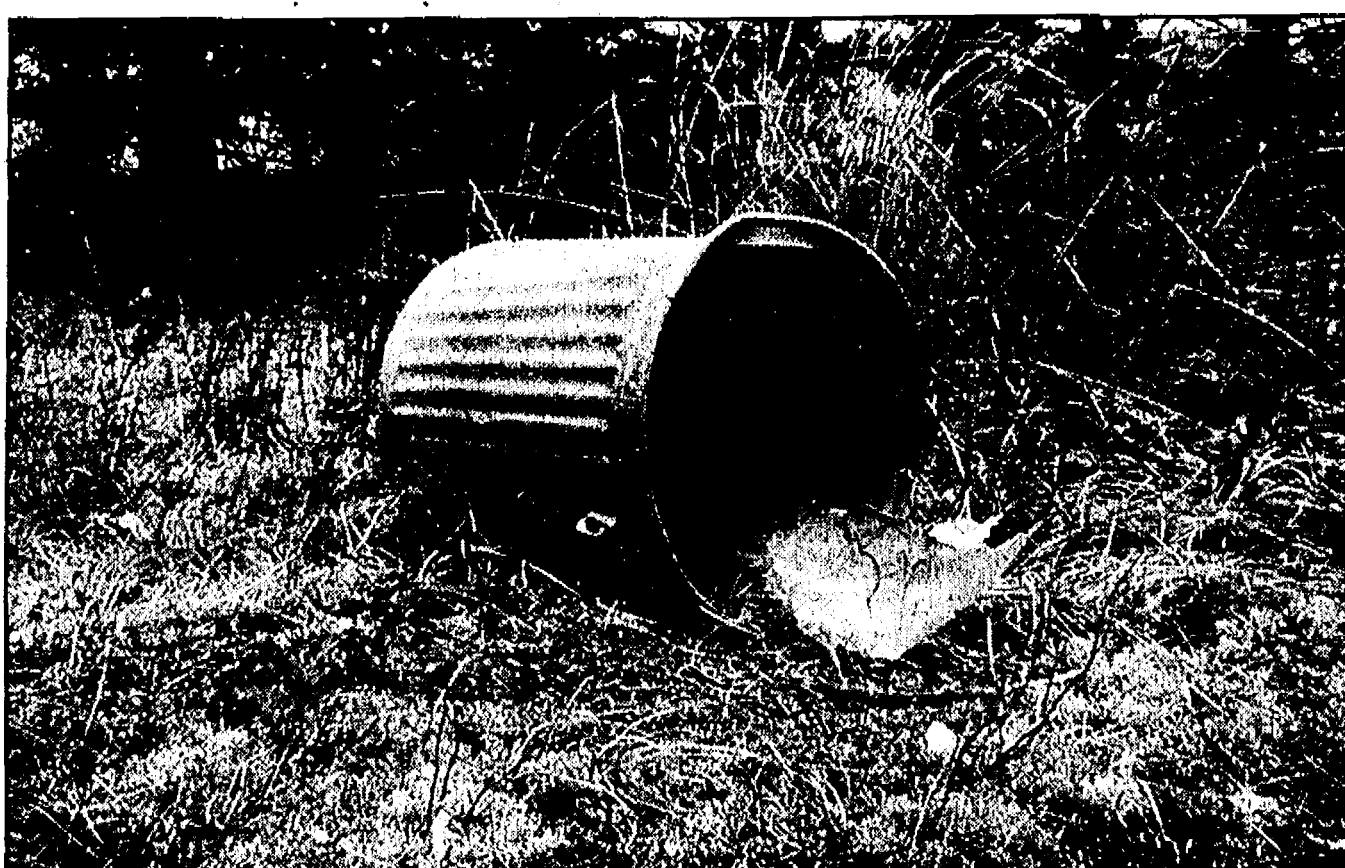


This trash deposit, containing a broken bicycle and discarded fast food cups, pales in comparison to the 45 major dump sites that have been identified in Crawford County.

regular waste disposal procedures. Takacs said that she is surprised that so many people are willing to sacrifice Michigan's environment for such trivial reasons.

Continued volunteer support seems to be the best answer. For more information on the MCCF,

including volunteer information, visit their web site at [www.clean-forests.org](http://www.clean-forests.org). The web page also includes coordinates for all 45 trash dumping sites in Crawford County. For additional volunteer information, contact the Roscommon DNR office at 989-275-5151.



Trash belongs in the trash bin, but the trash bin doesn't belong in the woods. People have discarded everything from car parts to ovens in Crawford County forests.

## Invasive plant helps feed the hungry

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shipped to landfills, and can also

be controlled with use of herbicide.

After removing garlic mustard from some Michigan Nature Association's Sanctuaries, Kent learned that the plant could be eaten. It has a garlicky flavor and, by weight, contains more vitamin C than oranges and more vitamin A than spinach.

In April, over 60 people attended an "Eat the Invasive" dinner in East Lansing put on by the Michigan Nature Association.

Soups, appetizers, and dishes such as lasagna and Vietnamese stir fry and even corn pudding for dessert were made with garlic mustard as an ingredient.

"Everybody seemed really impressed with the different items that were there," Kent said. "It adds a lot to the dishes."

In addition to the dinner, garlic mustard was also harvested from

the Michigan Nature Association Sanctuaries and was given to five different food banks in the state.

The food banks supply food to food pantries, soup kitchens, homeless shelters, rescue missions, rehabilitation programs and domestic violence shelters.

"It felt good to be doing this rather than just throwing it away or wasting it," Kent said.

The plants were plucked from sanctuaries this spring when garlic mustard plant leaves have their greatest flavor. Officials also did not want to risk the chance of the plants maturing and spreading seeds.

Gail Philbin, donor relations manager for the Second Harvest Food Bank of West Michigan, said accepting the garlic mustard fit with one of the food banks' missions to see that no wholesome food in its services areas goes to waste.

"Most of the stuff we receive is packaged so it can be shipped or stored, so it was unusual to receive these bundles of plants that could be considered a weed," Philbin said. "I thought it was a great idea."

So far, Kent said she has found that garlic mustard has gone over

well in larger cities in the state where there is not much access to fresh produce.

Kent said the project has also been a boost for the Michigan Nature Association volunteer base and has helped educate people about garlic mustard.

"It's easier to keep it out rather than to get rid of it once it's there," Kent said.

Kent, who earned her bachelors of science degree in zoology from Michigan State University, said growing up in the Grayling area gave her appreciation for nature.

"I've always loved nature, even since I was a little kid, and when I moved away from Grayling, that's when I learned how easy it was to take natural areas for granted," Kent said.

Kent's mother, Tammy Moxham, an assistant vice president for lending and marketing at Chemical Bank, has been a proud parent who had helped her daughter with the garlic mustard benefit dinner and harvests.

"It's a pretty good feeling to know that your child is concerned with both the welfare of the planet and the people that are on it," Moxham said.

## Environmental studies approved

Continued from Page 1A

The City of Grayling received a \$200,000 grant from the Michigan Department of Environmental Quality to help reclaim contaminated properties in order to get them back on the tax rolls.

City and Crawford County officials are working with Bill Gannon, the owner of the former Bear Archery property, on the potential to relocate the county building and jail to expand Grayling's downtown area.

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## MEN WHO COOK



Photos courtesy of Grayling Regional Chamber of Commerce

Randy Thompson, the owner of Century 21 River County, dished up "Angasal Riva," while Chad Peterson, a cardiac rehabilitation specialist from Mercy Hospital, prepared a side salad at the Grayling Regional Chamber of Commerce's Men Who Cook Dinner held at the Officer's Club at Camp Grayling on Saturday. Over \$1,400 was raised from the dinner, and will go toward expenses for the AuSable Canoe Marathon River Festival weekend.

## 'Poppy Days' sale is rich in tradition

by Matt Seager  
Staff Writer

The Grayling branch of the American Legion Auxiliary will be adding an extra dash of color to the city on Thursday, Friday and Saturday of this week as they conduct their annual "Poppy Days" sale in front of Glen's Market. Volunteers from the organization will be selling hand made, crepe paper poppies in continuance of an American tradition that began 85 years ago.

"It's a reminder of our dead," said Greta Chapp, chairperson of the Poppy Days drive. The poppy has been a symbol of fallen soldiers since the end of World War I. Poppies grew around the massive graveyards of the allied soldiers who died on the fields of France and Flanders.

The link between the poppies and the dead soldiers was solidified by Colonel John McCrae, a Canadian who served on the Western Front in 1914. In his poem, "In Flanders' Fields," published in 1919, he wrote of the flower:

"In Flanders' fields the poppies blow. Between the crosses, row on row."

When soldiers returned home from the war, they brought memories of the poppy laden fields with them. By 1920, the American Legion had adopted the poppy as its official memorial flower. The American Legion Auxiliary followed suit the next year. Additionally, the flower came to be used as a reminder of veterans who were still living but had been permanently disabled by the devastating effects of war.

In the following years, the two companion organizations instat-



American Legion Auxiliary junior members Hannah Smith, age 14 (left) and Ann Hamlin, age 11, show off a poster they made to promote this year's poppy sale. They are the newest generation of participants in an 85 year old tradition.

ed a yearly poppy sale to benefit disabled veterans and their families. By 1924, the women of the Auxiliary took on the sole responsibility of distributing the poppies.

The paper flowers are made by disabled veterans living in hospitals. They are paid to craft the flowers, and they generally appreciate the break from the monotony of the hospital routine. All money from poppy sales goes to disabled veterans and their families, including soldiers who have been seriously injured in recent conflicts such as Afghanistan and Iraq.

"I've had four brothers, two brothers-in-law, my husband and nephews in the service, so its very important to me to help these veterans," said Chapp.

Grayling Auxiliary members sold their full inventory of 700 flowers last year, and they intend to sell 1000 paper poppies this week.

"There's a lot of patriotic folks out there," said Auxiliary Treasurer Wilma Case, who has been participating in the drive for ten years. The hand-made flowers are sold for a donation, generating \$768.27 at last year's drive.

"We as Americans should all be concerned and do what we can to help," said Chapp. Nearly all the money that is raised benefits veterans in local nursing homes. The rest is donated to a veterans' medical center in Saginaw.

"Most everyone buys a poppy, especially when they know what it's for," said Chapp.

## Additional bike routes developed

by Dan Sanderson  
Staff Writer

Michigan Department of Transportation officials are using the City of Grayling as a model to show how to make a community bicycle friendly.

MDOT planners are working with the City of Grayling's bike path committee to form designated bike paths which will allow residents to travel safely around the town and travel to Crawford County's paved pathways.

Work crews on Tuesday began painting designated bike lanes on roads where residents can travel.

The city's bike path committee, which was formed last fall, has been studying options where additional paved paths could be developed in the community or where connections and bike routes can be made using existing infrastructure.

MDOT has obtained federal funds to complete some of the initiatives.

"The city is going to become sort of a teaching tool for engineers," said Dave Sabin, the city attorney and chairman of the bike path committee.

Sabin said grant funding is being sought to develop a paved



Photo by Dan Sanderson

Work crews painted markings to designate bike lanes along Michigan Avenue on Tuesday.

bike path near Mercy Hospital and the Grayling Fish Hatchery. He said the path may be done in conjunction with a planned boardwalk beautification project

along the AuSable River.

"Once we get that fundamental planning done, we can move forward with other parts of the project as time goes on," Sabin said.



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# ISSUES AND OPINIONS



## ALMANACK

by Richard L. Milliman

# Local schools search for ways to get by

IN THESE DAYS of ongoing dollar crises, no activity of government seems to have enough money to keep up with growing problems.

Local school districts head the needs list in many areas.

In the far western reaches of Michigan's Upper Peninsula, leaders in four local school districts are looking for some rather novel ways to make ends meet — such as cooperating with neighbors.

According to an Associated Press report, all four districts ran deficits in the 2003-04 school year. Three of them — Bessemer, White Pine and Ironwood — also expect deficits for 2004-05, while the fourth neighbor, Ewen-Trout Creek Consolidated Schools, has budgeted a small surplus.

All four local districts are in the Gogebic-Ontonagon

Intermediate District, which is losing population.

Problems are obvious. Solutions are elusive.

AP reported that leaders of the four districts have been discussing their money problems with the Michigan Department of Education, and with each other. Possible cooperative deals have been encouraged.

SHARING PROGRAMS is under study. Sharing teachers for certain courses, such as languages, music and art, has been suggested. Video links to classrooms among the schools are being explored. Broader ties with Gogebic Community College are possible.

Ironwood, which borders Wisconsin, is looking at an integrated bus system with a neighboring Wisconsin district.

Consolidation is always a pos-

sibility, but allocation of existing debt among consolidating districts often is an insoluble obstacle, along with loss of longstanding independent identities and the end to historic athletic rivalries between neighbors.

It is encouraging, however, that local school districts are tackling local problems, and trying to find local solutions through neighborhood cooperation.

Earlier this year in the northern Lower Peninsula, more severe cost cutting was applied when Supt. Ellen Bonter resigned to free up her \$78,500 salary to ease a budget shortfall, and suggested her job be combined with a principal's position. The board agreed.

Hopefully the new administration about to be installed at the State Department of Education will be helpful to other struggling

local districts.

Answers to local school problems are not always found in Lansing, either in the state department of education, the legislature, or the governor's office.

They all can help, of course, but they should never hinder local control of education.

BILL GATES — One of the world's richest men unloaded a couple of barrels at high school education during a national governor's meeting recently, according to a New York Times column.

"American high schools are obsolete," claimed computer pioneer Bill Gates, according to the Times column.

"By obsolete, I don't just mean that our high schools are broken, flawed and underfunded .... By obsolete, I mean that our high schools, even when they are working exactly as designed,

cannot teach our kids what they need to know today....

"Training the work force of tomorrow with the high schools of today is like trying to teach kids about today's computers on a 50-year-old mainframe.... Our high schools were designed 50 years ago to meet the needs of another age. Until we design them to meet the needs of the 21st century, we will keep limiting — even ruining — the lives of millions of Americans every year."

Wow! Using Mr. Gates' logic, local school leaders can put balancing budgets every year on the back burner, and start the re-designing process. Education always should be open to new and developing ideas, and guard against the possibility of obsolescence, in subject matter as well as style.

If the sole purpose of high

school is to prepare young people to enter the work force, maybe there's merit in the Gates thesis; but in my view, that's only a small part of what high school is all about.

High school years are the most important period in anyone's personal development, too, as well as an introduction to broader horizons of life and living, including the tantalizing possibilities offered by further education.

Despite Bill Gates, computers are not all that everything is about .... at least not yet.

It will be a sad day when and if they become so.

Richard Milliman is a veteran newspaperman, and a contributing columnist to several Michigan newspapers.

# EDITOR

## Our community should know the accomplishments of our graduates

To the editor:

On Sunday, May 1, 2005, a wonderful celebration was held in Grayling. It was the Grayling High School 2nd Annual Alumni Hall of Fame Induction Ceremony. I watched the paper for some news and photographs of this event — both before and after, but not one word or picture was published.

Our paper covers a lot of news and many events, but it is my opinion that both the story of this very special event and the names of these former students deserved a place on the front page along with what they have accomplished.

In two years, over 30 students have been honored. Next year there will be more. They all graduated from Grayling High School. Their fields of endeavor cover Arts and Communications,

Business Management, Marketing and Technology, Engineering/Manufacturing and Industrial Technology, Health Services, Human Services, and Natural Resources and Agriculture.

These are "our kids." Some of them live as far away as New Zealand. Some have gone far afield and returned "home" to follow their dream, practice their skill, raise their families, and enjoy the area where they grew up.

Our community should know what great things our graduates can and have accomplished. Our community should be aware that our students can compete and win along with students from any other school.

Betty Bennett  
Grayling

## Let the kids play

To the editor:

Recently the nine-foot basketball hoops at Grayling Elementary School were taken down. Now, the kids have nothing to do after school and homework. There is no teen center or sportsplex to go to, yet there is a porn store. So, what's next? Are

you going to take the playgrounds away from the little kids?

Our kids love playing basketball at the school, so put them back up and let them play.

Dawn Minard  
Grayling

## Litter in woods too big and too numerous to keep up with

To the editor:

I live near Grayling and like to walk through the woods and enjoy the changing seasons. At least I did enjoy it until some people who think it is their God given right to pollute the land, began dumping everything but the kitchen sink in the middle of the woods. (Correction: I think I saw a kitchen sink there too). It began to look like Hiroshima after the bomb.

My husband and I tried to pick up some of the mess, but the items were just too big and too numerous for us to keep up with. I called the DNR hoping they could help me, but it seems the slobbers are striking all over northern Michigan and apparently they outnumber those who actually care about the land around us. The DNR said they were trying to get the dumps cleaned up, but were way behind.

I stopped walking in the woods, because it depressed me to walk on beer cans, pop bottles, and some items too nauseating to name. It angered me to have to give up something I enjoy, because brainless, uncaring peo-

ple can't tell the difference between landfills and public forests.

I decided to try one more time to walk through the woods to see if any new horrors had been added to the collection. To my surprise, some of the big items: a car, a pick-up bed, etc, had been removed by some forest angel who does care. I want to publicly thank whoever put forth time and money to pick up the mess. They should be commended. However, there is a down side to the story, the trolls have revisited the scene of their junk orgy and left more calling cards.

Just a note to the slobbers who litter, that is putting it mildly, the public's land. One of my most heartfelt hopes is that you will be caught during your dumping and get your skinny fined to the hilt. A little jail time would be good also, and maybe a stint cleaning up the mess you made. I'm watching for you. Sooner or later someone will see you and do what's right by turning you in. I hope it's soon.

Carolyn Rowe  
Grayling

## They don't seem to worry about the working man

To the editor:

"They do the jobs that Americans don't want to do." What jobs? What Americans? I know of no job that some American wouldn't be willing or able to do to earn a living and feed and care for their family. I am in favor of legal immigration and the use of labor permits. It's the flood of illegals taking jobs and lowering wages for American citizens that worries me.

If I was starting a family today, I would be truly worried. With the loss of jobs, low wages,

jobs leaving America, drugs, gangs, gas prices out of control, insurance prices sky high, goods in stores not made in America, and what ever you do, don't get sick or hurt. The ACLU, the ECO people, and the P.C. Groups do much harm to the U.S., not on purpose, but they don't seem to worry about the working man as they do other things. They take away jobs and the pride in doing a job. And you can't say God out loud anymore.

Richard Bulley  
Grayling

The opinions expressed in the letters and columns on this page are solely those of the writer and do not necessarily reflect the views and opinions of *The Crawford County Avalanche*.

## VIEWPOINT

By Chris Nieman, Crawford/Roscommon  
Conservation District Forester

## Portable sawmills cutting the cost of lumber

Any "do it yourselfer" who has walked into a lumberyard knows the price of lumber has gone up considerably in the last five years. Recently there has been more development thus increasing the demand and price for construction materials. Many people try and save money by doing their own projects but often overlook saving money spent on construction materials. Landowners with 5 to 10 acre parcels can easily harvest enough timber from their lots to provide them with years of home project lumber.

Until recently milling your own lumber has never been a real option. Small traditional site mills providing this type of service have been scattered but the problem lays within transportation of the logs to the mill and the lumber back to the landowner. Portable sawmills have made the task more appealing to landowners. The mill can be brought to the job site, set up and then taken down and stored after the work is done. There is no longer a need to find transportation for hauling heavy logs and lumber to and from the job site. Portable sawmills are made up of a small engine and either use a circular or band saw blade. There are many portable sawmills on the market that range in price from \$3,000 to \$30,000, depending on size and the number of gadgets attached to the mill. Extensions can also be purchased to allow the mill to handle longer logs. Most landowners however will find hiring a sawyer or mill operator to mill their lumber more cost effective than purchasing their own mill.

Landowners looking into having their own lumber milled for them may have to enter into a contract with a sawyer. Most sawyers charge by the board foot. A board foot is a piece of lumber measuring 12" by 12" by 1", the standard charge rate is around \$300 to \$400 per 1,000 board feet. Hardwood or custom cutting may increase the price per board foot or hour. Mileage to and from the job site may be charged.

A deposit may also be

required to assure the sawyer does not lose a days worth of work because of last minute cancellations. The contract may also contain certain conditions that may need to be met by the landowners before the sawyer can begin their work. Landowners may need to skid and stack their logs at a central location or landing site that is easily accessible to the sawyer. Logs may need to be relatively clean of dirt and debris and checked with a metal detector prior to the sawyer milling the logs to insure that nails or other objects will not damage the blade. Landowners may be required to pay for damaged blades.

Finally, the landowner may be required to assist the sawyer with moving heavy materials or other duties needing more than one person to accomplish. The landowner should make sure that the sawyer and their operation is insured or will be covered by the landowners homeowners insurance before milling begins. The agreed price and landowner responsibilities along with proof of insurance should be contained within the contract.

Landowners having their own lumber milled should find the task both fun and fulfilling. Selecting trees to be harvested will increase the landowner's knowledge of their property and what is required for a healthy sustainable forest. The lumber provided by the landowner's trees would be used for projects that over time will become treasured heirlooms with a story behind them. The portable sawmill has allowed the true do it yourselfer to mill their own lumber and save money.

The Crawford-Roscommon Conservation District will be hosting a portable sawmill demonstration at: 5580 West Emery Rd., Prudenville, at 11 a.m. on May 21. Hotdogs and lemonade will be provided.

Landowners wanting a list of area sawmills and sawyers operating in the area or help in evaluating and selecting harvestable trees on their property should contact the Conservation District at (989) 275-5231.

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## COMMUNITY NEWS BRIEFS

### Bicycle Safety Rodeo to be held

The 8th annual Bicycle Safety Rodeo for children grades Kindergarten through Fifth will be held by the Crawford County Sheriff's Office on Saturday, May 21, in the parking lot of the AuSable Primary School from noon to 2 p.m. A parent must accompany the participating child. For more information call Tim Bassett at 344-3214.

### Low cost vaccination clinic to be held

A low cost pet vaccination clinic will be held on Saturday, May 21, at 10 a.m. until 2 p.m. Rabies vaccinations are \$10. Have your pet microchipped for \$20. Call 348-9178 for an appointment.

### GHS to host Seniors Honors Night

Grayling High School will host its annual Senior Honors Night on Thursday, May 19, at 7 p.m. in Grayling High School's Joseph Stripe Auditorium. The program is being sponsored in the evening to give parents, relatives, friends and members of the community the opportunity to share in the honors being bestowed upon this year's graduates. The achievements of the members of the 2005 graduating class will be recognized through local and college scholarships, citizenship awards and a variety of academic awards.

### Antique Appraisal Fair

There will be an Antique Appraisal Fair on Saturday, May 21, from 2 p.m. to 6 p.m. at the Devereaux Memorial Library, 201 Plum St., Grayling. Bring up to two carryable items to be evaluated for a donation of \$5. No appointment necessary.

### 'Click It or Ticket' campaign to start

Sheriff Wakefield wants to remind the general public that the Crawford County Sheriff's Office will once again be participating in the Office of Highway Safety Planning's safety belt campaign scheduled for May 23 through June 5, titled "Buckle Up or Pay Up!" - Click It or Ticket.

### MARSP to hold spring conference

The spring conference for the Michigan Association of Retired School Personnel will be held on Thursday, June 9, at the Knights of Columbus Hall, off Wilkinson Road, Gaylord. Luncheon cost is \$14 for members/ \$24 for non-members. Director Bonnie Carpenter and President Ernie Dear will be the guest speakers. Call Gayle at 348-5945 for registration.

### Animal Shelter Board to meet

The Animal Shelter of Crawford County's Board of Directors will meet Thursday, June 2, at 6 p.m., at the Gray Rock Cafe on Industrial Drive in Grayling, to discuss building a new shelter facility, grant progress, fundraising, and more. Members are highly encouraged to attend. The public is welcome.

### Contracts available for Gypsy Moth spray

Howard Taylor of H. T. Productions, Inc. has made arrangements for aerial spraying for the control of Gypsy Moth in Crawford County. The cost of spraying this year is \$250 for the first ten acres and \$22 per acre for each acre after ten. Neighbors may go together and form one block, however payment must be made at the time of contract. The offices of H. T. Productions, Inc., 6771 S. Military Rd., Grayling, will be open from 1 p.m. until 4 p.m., May 21, and 8 a.m. until noon, May 23 and 24, to write Gypsy Moth Spray Contracts.

### Mt. Hope to host gospel quartet

The Calvarymen, the Gospel Quartet referred to as "Michigan's Goodwill Ambassadors," will be performing at Mt. Hope Lutheran Church on Sunday, May 22, at 4 p.m. The concert is free and the public is welcome. Mt. Hope Lutheran Church is located at the junction of Old 27 and M-93, north of Grayling near the high school.

### Eagles to hold fish fry

Starting in June the Eagles Fish Fry will be held on the first Monday of each month at 4:30 p.m.

### Scouts flower sale to be held

Boy Scout Troop 979 will be holding their annual flower sale between Rochettes and The Medicine Shoppe parking lot, Saturday, May 21, 9 a.m. - 5 p.m., and Sunday, May 22, 10 a.m. - 4 p.m. A variety of annual flowers will be available.

### Square and Round dance festival to be held

The Northwest Michigan Spring Square and Round Dance Festival will be celebrating its 50th Annual Festival this year. It will begin at 6:45 p.m. on Friday, May 20, and continue through Sunday, May 22, until 4 p.m. at St. Francis High School, 123 East 11th Street, Traverse City.

Nationally known square dance callers Ron Libby of Lady Lake, Florida and Darryl McMillan of Decatur, Alabama will be featured. Round dance callers will be Anne and Charles Brownrigg of San Antonio, Texas.

There will be workshops in the mornings and afternoons, both Saturday and Sunday for the dancers, and dancing Friday and Saturday nights until 11 p.m. There will also be a dance Sunday afternoon.

"Square dancing is fun! People from all walks of life and all ages enjoy it. It is also very good physical activity," said Marlene Stokes, events organizer. "Square dancing is an international activity, and there are clubs in all parts of the world. All square dancing is called in English."

Anyone interested to come and observe the dancing and colorful

outfits that the dancers wear is invited. At least 400 dancers are expected to participate in this event.

## Lovells Historical Society celebrates Memorial Day weekend

The Lovells Township Historical Society will celebrate its annual Memorial Day weekend with a variety of exhibits and activities at its museums and grounds, 8405 Twin Bridge Road in Lovells Township on Saturday and Sunday, May 28 and 29, from 10 a.m. to 4 p.m., and on Memorial Day, May 30, from 10 a.m. to 2 p.m.

Two current and continuing exhibits will be open to the public: The History of Big Creek Lodge in the log museum and The History of Life at the

Kellogg Homestead in the Lone Pine (Kellogg) School museum, which drew hundreds of visitors on Trout Opener, April 30 and May 1.

Activities will include local fly tier Chris Kline tying traditional AuSable patterns and fly casting with vintage bamboo fly rods where children can win a historic fly by casting to trout profiles set out on the lawn. Coffee and cookies will be served at the guides camp tent. All activities and refreshments are free and open to the public.

## Cancer survivors invited to celebrate at annual picnic

The 18th Annual National Cancer Survivors' Day celebration picnic will be held Sunday, June 5, on the spacious front lawn of historic Building 50 at 11th and Elmwood streets in Traverse City.

Anyone who has ever been diagnosed with cancer and their families is invited to join the festivities that begin at 1 p.m. and continue until 3 p.m. The picnic is sponsored by Munson Medical Center's Cancer Services.

More than 250 cancer survivors and their families took part in the fun last year.

Come and join in this annual celebration of life, laughter, and sharing. There will be family entertainment, food, t-shirts for survivors, balloons, and door prizes.

Registration deadline for the picnic is May 31. To register or to get more information, please call Cancer Services at (231) 935-6921.

## Rock, Gospel and all that Jazz

The Michelson Choirs will present an upbeat new rock 'n' roll, gospel and jazz arrangements of sacred favorites on Sunday, May 22 at 4 p.m. Area entertainer and vocalist Carol Lovely will be featured on a driving Michael Barrett arrangement of Leaning on the Everlasting Arms that combines an improvisatory gospel solo with a rocked up version of the hymn. Soprano Sue Sharp will present a soulful and heartfelt medley of Spirituals in a jazz/blues style arranged by Mark Hayes, well known composer and arranger of contemporary Christian music and often sought clinician, orchestrator and record producer. The music of another contemporary arranger, Craig Curry, will be performed by pianist Jill Scarzo along with husband Tony Scarzo on drums. Craig Curry's music is especially jazz-flavored, ranging from a slow, bluesy Near the Cross to an outrageous Rock of Ages.

Backed up by the talents of Debbie Hadley (piano and keyboard), Tony Scarzo (drums), Brian Ashton (bass) and Storm Shriver (alto saxophone) the Chancel Choir will also perform

a Joel Raney arrangement of What a Friend We Have in Jesus, High Upon a Mountain by Lloyd Larson, and a fresh, new composition in Beulah Land by Mark Caruth. Two Kids Choirs will also be presenting their favorite songs, singing the latest styles of worship music.

The concert is free and will be held at Michelson Memorial United Memorial Church, 400 Michigan Avenue. Michelson is a handicap accessible facility and all are welcome.

## RAFFLE WINNERS

### Grayling Youth Booster Club

The 50/50 raffle winners for May 15 of \$25 each: Stan Rozycki, Val Priebe, Kelly Cooper, and Mike Higgins.

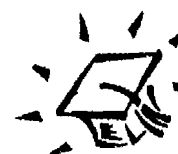
### Project Graduation

The "Lucky 300 Club" raffle winner of \$100 for the week of May 13 - Sally Papendick.

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**Jeske, Thomas wed****Elizabeth Jeske and Matthew Thomas**

Elizabeth "Beth" Ann Jeske and Matthew Ryan Thomas were married October 23, 2004 at St. Anne Church in Linwood. The ceremony was officiated by Monsignor Jed Patrick.

Parents of the couple are Floyd and Denise Jeske of Negaunee and Rex and Karen Thomas of Grayling.

Melanie Kirkpatrick of St. Johns, stood with her friend as maid of honor. Bridesmaids were friends of the bride, Kate Hantz of Marquette, Laura Symons of Negaunee; cousins of the bride, Amy Martin of Auburn Hills and Karen Jones of Linwood; and Meghan Thomas of Grayling, sister of the groom. Flower girl was Hannah Thomas, niece of the groom and ring bearer was Travis Jeske, cousin of the bride.

Aaron Mead of Grayling stood with his friend as best man. Groomsmen were Kyle and

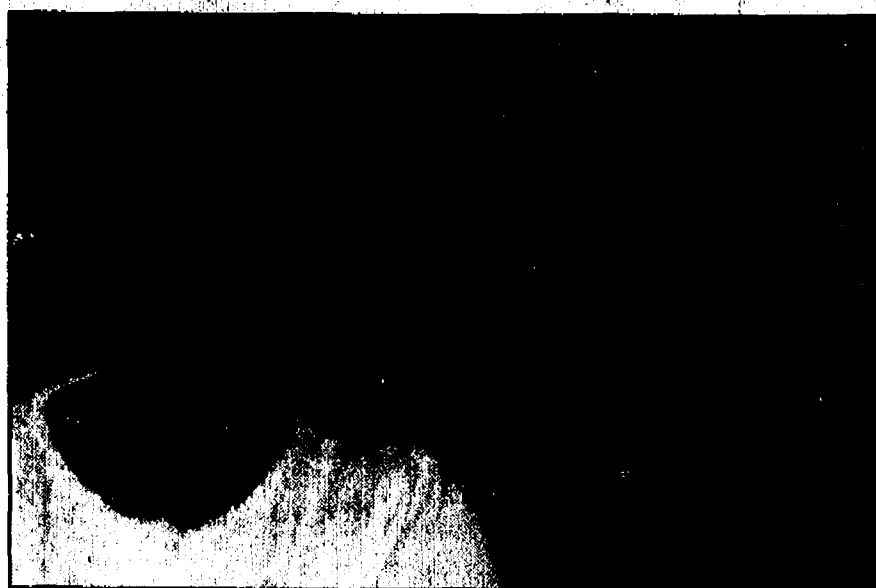
Damian Fleischmann of Grayling, and Keith Rutkowski of Ubly, and John and Ben Jeske of Negaunee, brothers of the bride. The Usher was David Fleischmann of Grayling.

Vocalist and guitarist Dave Dehate, uncle of the bride, and trumpeter Nate Mann, friends of the couple, provided music.

The bride is a graduate of Negaunee High School and Northern Michigan University with a bachelor's degree in economics. She is employed at the Holiday Station store in Marquette.

The groom is a graduate of Grayling High School and attends NMU where he will graduate in 2006 with a degree in Media Productions and New Technologies.

After a honeymoon in Jamaica the couple is residing in Marquette.

**Barber, Siglin engaged****Jayne (Hoaglund) Barber and Rex Siglin**

The children and grandchildren of Jayne (Hoaglund) Barber of Grayling welcome Rex Siglin of Cadillac to the family and announce their recent engagement. Plans are underway for a November 12, 2005 wedding.

**RANGE FIRING**

Range firing is scheduled for the period May 19 - May 25, 2005.

The Range 40 Complex, Air to Ground, located north of County Rd. 612, east of Guthrie Lake, south of Old State Rd. 618, and west of County Rd. F97 (Twin Bridge Rd.) will be conducting live and inert bombing operations by the Air National Guard during, May 19 - 20 and May 23- 25.

The Range 40 Complex, located north of County Rd. 612, east of Sherman Rd., south of Old State Rd. 618, and west of County Rd. F97 (Twin Bridge Rd.). Small arms firing, May 20-21.

Small Arms Ranges located west of Lake Margrethe, north of Howe Rd., east of the gas pipeline and south of Portage Creek, May 19-22.

ARF Range located west of Lake Margrethe, north of Howe Rd., east of the gas pipeline and north of Portage Creek, May 21.

Range 15, located south of the main post, bounded on the west by Cadillac Rd. and on the east by Carrier Rd. May 21.

Heavy weapons range firing is scheduled from sunrise until three hours after sunset. Due to

mobilizations or critical training requirements, the Post Commander may authorize mission-firing requirements beyond this time. This firing schedule is subject to change without notice to the public.

Contact the Grayling Department of Natural Resources for the areas closed for hunting within the boundaries of the installation. Grayling DNR telephone number: 989-348-6371. For further information, call 1-800-628-5820.

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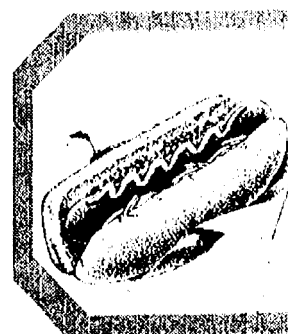
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## Dee Jay's Gifts opens in downtown Grayling

by Matt Seager  
Staff Writer

A formerly vacant building in downtown Grayling is now occupied by Dee Jay's Gifts & Collectibles, a new business owned by Doug Jones of Roscommon.

"We just decided to go for it. We've come up with a lot of different ideas people would really like," said Jones. Before opening his new business on May 9, Jones had considered operating solely through catalogue sales. Ultimately, however, he decided that opening a retail business in the community was the best choice.

"Our goal is to show other businesses that downtown Grayling can be what it was," said Jones. As a supplement to the brick and mortar store, customers can also check out Dee Jay's Gifts online at [www.deejaysgifts.com](http://www.deejaysgifts.com).

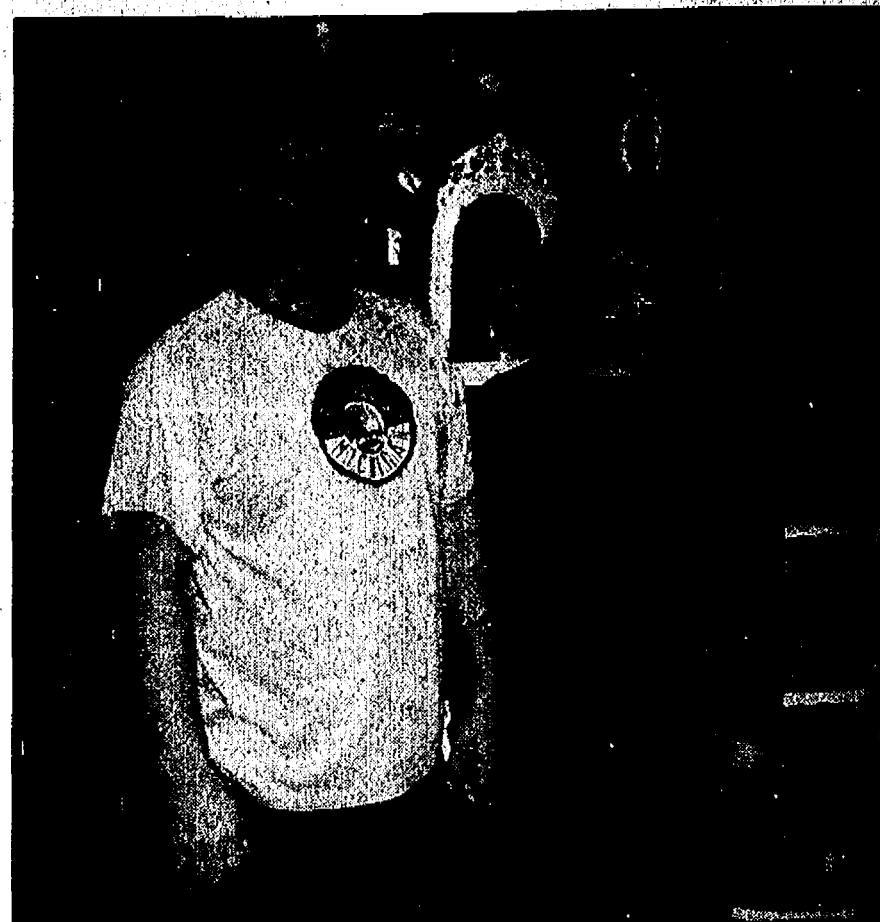
According to Jones, about 60-70% of the store's inventory is currently listed online.

"We carry a lot of home decor and a lot of outdoorsy type stuff," said Jones. One of the store's main focuses will be to keep the product selection varied.

"We're going to keep rotating the inventory so when you come in you see something different," said Debbie Jones, Doug's wife. The Joneses are optimistic that Dee Jay's Gifts will be able to capture consumer interest.

"I think once people come in and see the products that we carry, word of mouth will travel pretty good," said Doug.

"We have a lot of nice people in Grayling," said Debbie. Dee Jay's Gifts is located on 120 Michigan Ave., next to J. Dap & Co. During the summer, they are open from 10 a.m. to 5 p.m. every day except Tuesday.



Dee Jay's Gifts & Collectibles' owner Doug Jones stands next to a display with his wife, Debbie. The store sells a variety of collectibles, ranging from wind chimes to games for kids.

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## LIBRARY NEWS

A Senior Outreach Book Buddy event featuring a Container Gardening Demonstration, will be held at two locations. The first event will be held on Saturday, May 21, at 2 p.m., at the Lovells Community Library, Lovells Township Hall, 8405 Twin Bridge Road (off Co. Rd. 612). The second event will

be held on Saturday, June 4, at 2 p.m., at the Crawford County Devereaux Memorial Library, 201 Plum Street, Grayling.

Learn from a Master Gardener how to do "container gardening." A demonstration of the basics will show you how to plant flowers, herbs and vegetables in a planter.

Refreshments will be served. Wear your Book Buddy button to be in a prize drawing. If you want to become a Book Buddy or would like to bring the senior in your life, come by and see what it is all about!

There are various books about gardening on display at the library to check out.

## GRAYLING POLICE REPORT

Grayling City Police Chief Karl Schreiner reports his department handled the following complaints during the week of May 8 - May 14:

Three civil infractions, three city ordinance violations, one assault complaint, three larceny complaints, three traffic warnings, three assist other departments, four civil complaints, two misdemeanor citations, one motorist assist, two misdemeanor arrests, five alarm complaints, five disturbing the peace complaints, one check law violation, two stalking/harassment complaints, two suspicious situations, one unlawfully driving away a motor vehicle and seven unclassified complaints.

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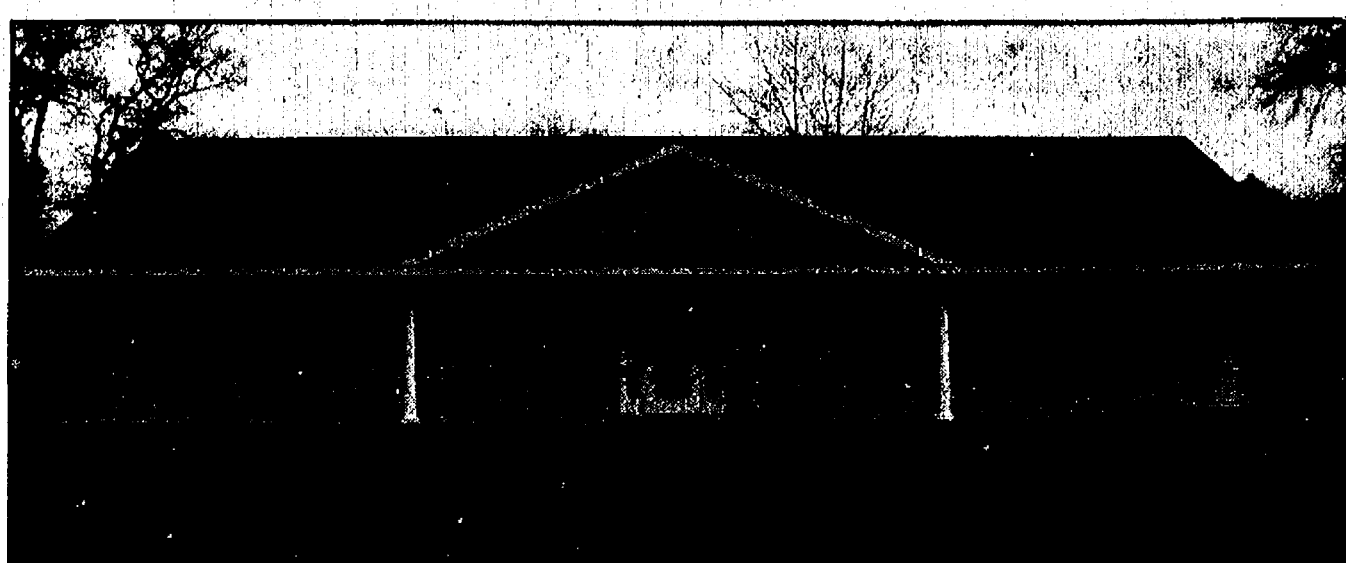


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**Grayling Chiropractic Center is now located on 81 South I-75 Business Loop. The move was made in an effort to provide a better facility for the care of patients. The new location should also give the center more exposure than was afforded at its previous site.**

## Grayling Chiropractic Center moves to S. I-75

by Matt Seager  
Staff Writer

The Grayling Chiropractic Center, which has been operating in Grayling for 20 years, has moved from its former location

on East M-72 to 81 South I-75 business loop, next to Lewiston Grade Road and across from the airport. Dr. Orland Dami opened his new office on May 3.

"We basically outgrew the

office. The combination of office space and parking continued to be somewhat of a problem with each additional year," said Dami. He decided a move was necessary.

"In the end, the opportunity arose to purchase a great lot with a good view and plenty of room," said Dami. In the years that it has been operational, the Grayling Chiropractic Center has served over 5,000 families in the surrounding region. Dr. Dami believes the new center will allow him and his staff to improve upon this service.

"The office is much larger. Having five treatment rooms and the addition of a state-of-the-art therapy and treatment modalities helps maintain the results our office continues to receive. The patients will get the proper and more complete care they desire and deserve," said Dami.

Dami is proud of the fact that the chiropractic profession has grown to be the largest drugless health care system in the U.S. Today, the chiropractic profession is commonly seen as a first

choice when it comes to chronic back pain and neuromusculoskeletal problems.

"Our specialty is the treatment of spinal related conditions and complaints with the emphasis on difficult and chronic conditions," said Dami. "Generally speaking, the office is a wellness based, natural health care center serving both young and old."

According to Dami, the previous location kept the business physically hidden from the community for 20 years.

"Thankfully, our reputation helped overcome the poor visibility," said Dami.

He plans to further improve upon the new site by completing the landscaping in a way that gives the business a truly Northern Michigan feel and appearance.

Dami said the most enjoying things about serving in the Grayling community are "the people, the land and the beauty of fresh air and room. The pace of life is also slower than that of downstate and it's a great place to raise a family."

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## Second Hall of Fame Class inducted

by Dan Sanderson  
Staff Writer

The Crawford AuSable School District recently inducted their second class into the school's Hall of Fame.

The Hall of Fame honors graduates from Frederic High School and Grayling School who have went on to earn advanced education degrees and have become doctors, dentists, judges or have achieved some other significant accomplishment.

"We are very proud of our graduates," said Jim Tobin, the treasurer for the Crawford AuSable School Board of Education at the Hall of Fame induction ceremony. "We are honoring you for your accomplishments, not only to recognize you, but to hopefully inspire our Grayling High School students to reach for their dreams and to work hard to accomplish them. Our goal is to fill the walls at the Grayling High School with graduates who are inducted into the Alumni Hall of Fame."

Graduates inducted into the 2005 Alumni Hall of Fame were:

•Dr. Hans Andrews, class of 1956.

Dr. Andrews served as president of Olney Central College in Olney, Illinois from 1996-2002. Andrews was the Dean of Instruction at Illinois Valley Community College for 18 years. He also served as vice president of community and student services for Kellogg Community College. Andrews has authored five books regarding education.

•Dr. William Dean, class of 1977

After earning his degree in optometry, Dr. Dean participated in a humanitarian mission in Columbia, South America, providing eye care to the local people. From 1985 to 1988, Dr. Dean served as a captain in the United States Air Force at Vandenberg Air Force Base in California. He was selected chief optometrist at the 1st Strategic Hospital at Vandenberg Air Force Base, and also served as a contact lens consultant for the United States Air Force Surgeon General.

Since 1988, Dr. Dean has practiced optometry in Grayling and is a partner in practice at AuSable Eye Care.

•Dr. Nicole M. Ferguson, Class of 1994.

Dr. Ferguson attended Central Michigan University and received her Bachelor's of Science in 1998 and her Doctor of Audiology in 2002.

While at Central, Dr. Ferguson was granted the American Foundation of Audiology Fellowship for 1998-99 and was named CMU's Gerontology Student of the year. Dr. Ferguson was an audiology intern in Seattle, Washington, served her audiology residency in Tawas City, and is currently working as an audiologist in Saginaw.

•Dr. Karla Dosch Fisher, class of 1984.

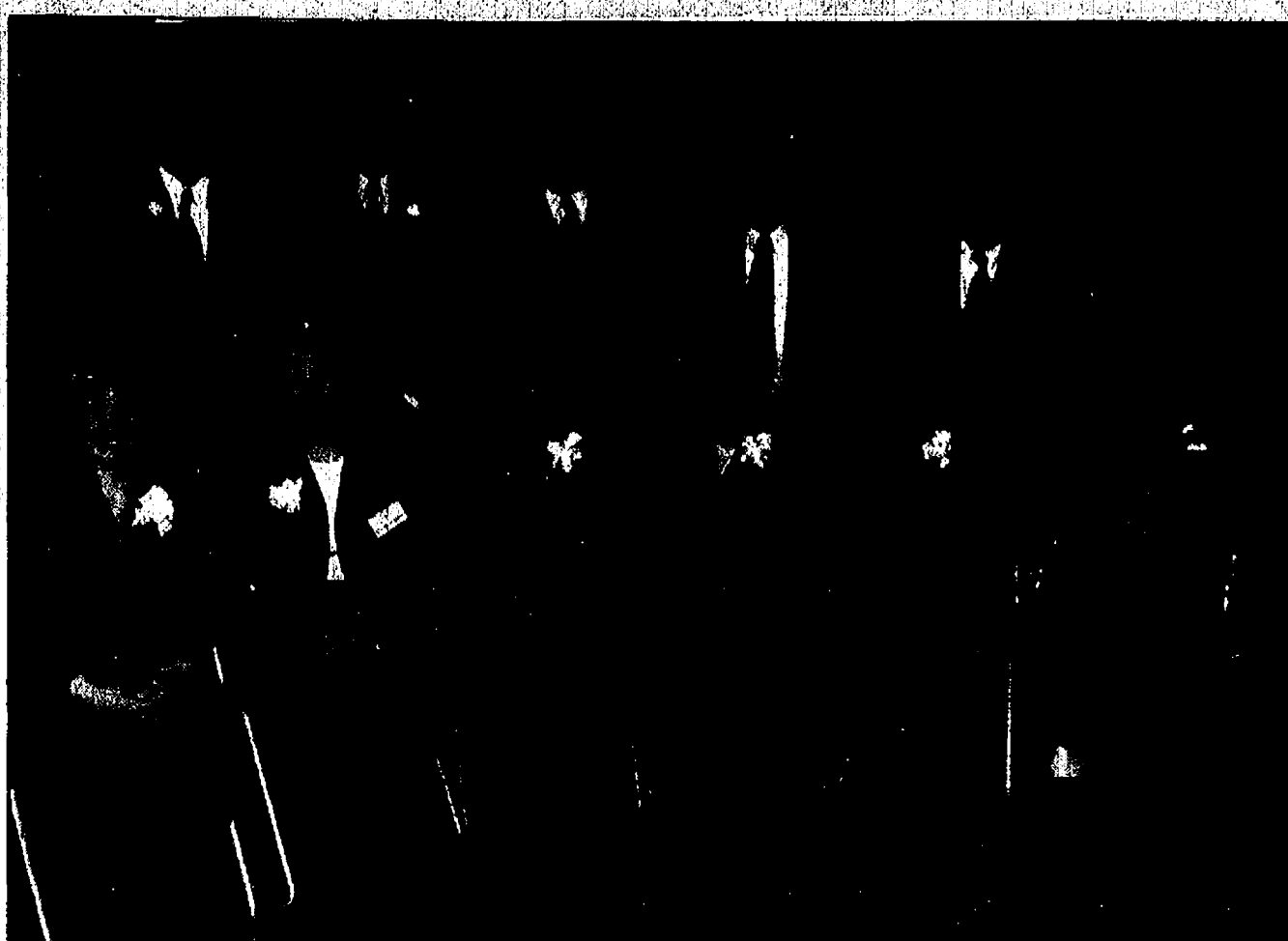


Photo courtesy of Crawford AuSable School District

The Crawford AuSable School District recently inducted its second class into the school's Hall of Fame. Pictured from left to right are, top, Dr. Karla Dosch Fisher, Mary Liz McNamara, Dr. Linda G. Knibbs, Dr. Dorothy (Doty) Latuzek, Dr. Kimberly R. McDonough, and Emil L. Kraus. Back row, Dr. William Dean, Dr. Oliver Wesley Hayes, Jeffrey C. Martinez, Dr. Hans Andrews, and Thomas F. Koernke.

Dr. Fisher received her undergraduate degree from the University of Michigan and her D.D.S. from the University of Michigan Dental School in 1992. From there, Dr. Fisher went to the University of Connecticut School of Dentistry for advanced education in general dentistry in 1993, and became chief resident in the Advanced Education of General Dentistry Department at the University of Connecticut in 1994.

Currently, Dr. Fisher is a general dentist with her husband, Dr. Donald Fisher, also a general dentist, in their own practice in Farmington Hills.

•Dr. Oliver Wesley Hayes, Class of 1969.

Dr. Hayes is currently the chairman of the Department of Internal Medicine in the College of Osteopathic Medicine at Michigan State University. He is also the Director of Quality Control at Ingham Regional Hospital. Dr. Hayes had a life changing experience when he became the Project Director for the Community/University Health Partnership. He has traveled to third-world countries, including Africa, Bulgaria, Mexico and the Philippines, and worked on partnerships between universities and communities to improve health care in these countries. Dr. Hayes was in charge of a Bulgarian Project in Emergency Medicine, working with the government after the fall of Communism, to install pre-hospital care systems.

•Dr. Linda G. Knibbs, class of 1966.

Dr. Knibbs is president of Monarch Group, Inc. which is an information technology firm in Chicago that she established and is the sole stockowner. This is a multi-million dollar business and is a premier woman-owned technology firm in the Chicago area.

•Thomas F. Koernke, class of 1966, Frederic High School.

A partner in the Grand Rapids Law firm, Koernke & Crampton, Mr. Koernke is a Fellow in the Michigan State Bar Foundation and was a Member for two terms, for the State Bar of Michigan Judicial Qualifications Committee. He was also a co-author of "Comparative Negligence in Michigan," a book which was published in 1982 and supplemented in 1985. Mr. Koernke was also a member of the Alternative Dispute Resolution Advisory Committee for the U.S. District Court for the Western District of Michigan.

•Emil L. Kraus, class of 1934.

Mr. Kraus was elected Judge of Probate for Crawford County and served in that capacity for 24 years. He also had a private law practice in downtown Grayling for over 41 years. While he was trained to practice law, retail trade also became a vocation for Mr. Kraus. He built and owned the Ben Franklin Store, Northland Department Store, and the Kraus Dry Goods Store in downtown Grayling. Later he built the Ben Franklin Family Center and Laurine's Department Store in the Grayling Mall. Both of these businesses stayed open for over 25 years.

•Dr. Steven J. LaGrow, class of 1968.

Dr. LaGrow was the Outstanding Alumnus for 2003-

2004 in the Department of Blindness and Low Vision, at Western Michigan University. He is an elected member of the Academy of Blindness and Low Vision Studies in October, 2003.

Dr. LaGrow is also the first holder of the Royal New Zealand Foundation for the Blind Centennial Chair, established at Massey University in 1991 by the Royal New Zealand Foundation for the Blind. He also received an Award of Achievement in 1992 for the establishment of the first university program to prepare mobility specialists outside of the United States. Dr. LaGrow

Continued on Page 12A  
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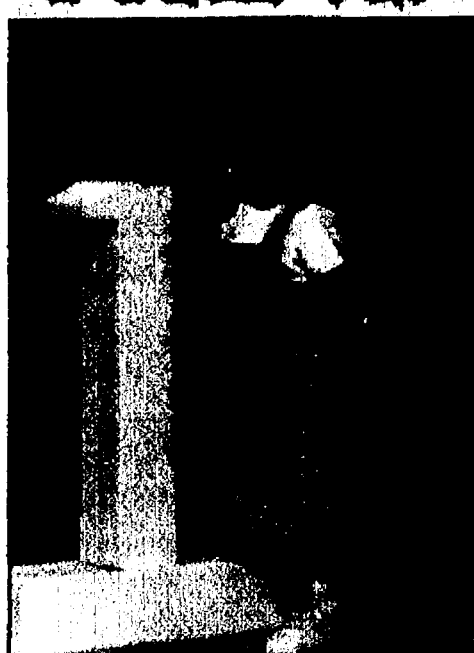
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## Second Hall of Fame Class inducted

Continued from Page 11A  
also served in the U.S. Navy from 1968 and 1972 and was awarded the National Defense Ribbon, the Vietnam Service Medal and a Combat Action Medal.

Currently, Dr. LaGrow is a Professor of Rehabilitation and Head of School, School of Health Sciences, at Massey University. He has been teaching in this area in university programs since 1978 at Northern Illinois and Western Michigan University.

Dr. LaGrow has published over 100 papers and two books and has made several presentations at national and international conferences.

•Dr. Dorothy (Doty) Latusek, Class of 1968.

Dr. Latusek has taught mathematics and science at the Diocese of Kalamazoo and in Gaylord. Since 1984 Dr. Latusek has held many different positions at Kirtland Community College. Currently, she is the Provost of M-TEC at Kirtland in Gaylord. She has owned and operated two businesses in Grayling from 1979-1990. Dr. Latusek has been a member of the Grayling City Council, the Housing Commission and the Chamber of Commerce of Grayling. She is treasurer on the River House Shelter Advisory Board as well as a member of the Rotary Club of Gaylord.

•Jeffrey C. Martinez, class of 1986.

Mr. Martinez taught English in rural Japan from 1992 to 1995. He then taught English in Chaing Mai, Thailand. Mr. Martinez moved back to the United States and currently lives in Atlanta, Georgia. He began working at Turner Broadcasting and is currently a supervising producer with Turner Studios Original Productions. His current project is a new make-over show called



Photo courtesy of Crawford AuSable School District

Students in Mark Binert's art class at the Grayling High School created portraits of the inductees from their senior pictures.

"Bushwhacked" which will premiere this summer.

Mr. Martinez is an Emmy Award Winning Writer/Producer. He won the 2003 Southeast Regional Emmy for the Best Entertainment Show "Liars and Legends." He won the 2003 Midsouth Regional Emmy for Best Documentary "The Disappearing South." Mr. Martinez was also nominated for the 2004 Midsouth Regional Emmy for Best Magazine Show entitled "Southern Living Presents."

•Dr. Kimberly R. McDonough, Class of 1987.

Dr. McDonough served as a research assistant in the Center for Language Education and Research at Michigan State University, where she earned her master's of Arts in 1998 in Teaching English to Speakers of Other Languages. She received her Ph.D. in Applied Linguistics in 2001 from Georgetown University, where she served as a research and teaching Assistant in the Department of Linguistics. Since 2001, Dr. McDonough has been an Assistant Professor in the Division of English at the University of Illinois, Urbana-Champaign. In August of 2005,

Dr. McDonough will be an Assistant Professor of Applied Linguistics in the English Department at Northern Arizona University.

Dr. McDonough has made several presentations at conferences and workshops in many locations around the United States, as well as presenting numerous times in Thailand and Ontario. She has received many grants and awards and has been published in several research journals.

•Christopher T. Wright, class of 1982.

Mr. Wright, under the pen name Johnathan Rand, has authored 30 children's books with over two million in print. Mr. Wright started with the very popular "Michigan Chillers" series. Now, Mr. Wright is writing "American Chillers" and he will complete at least one for every state.

•Mary Liz McNamara, class of 1974.

Ms. McNamara is the clinical coordinator and senior cognitive rehabilitation therapist at the Neurobehavioral Institute of New Jersey.

Not only is Ms. McNamara recognized as a therapist, she

has also received awards for her original musical compositions. She was one of three finalists for the 2005 Nightlife Award for Musical Comedy, an award voted on by critics in New York for the previous year's best performances in the areas of cabaret, jazz and comedy. Her song "Bacon" won the 2004 Manhattan Association of Cabaret Award for best special material and her song "Haiku" was a finalist for the same award in 2003. She also received an ASCAP Plus award in 2004 in recognition of her songwriting. Ms. McNamara was selected to perform in this year's sold-out ASCAP songwriter's evening as part of the Chicago Humanities Festival. Her songs are being sung by cabaret and theater artists across the country. She last performed as an actor in her own play, "Why I Quit the Theatre." Another of her short plays, "The Three Sisters, The Act" was produced in both New York and Los Angeles.

McNamara will be performing here in Grayling in September to kick-off the Entertainment Series, which is now sponsored by the Grayling Promotional Association.

## South Branch Township is developing its first community-wide Master Plan

South Branch Township, with the assistance of the Northeast Michigan Council of Governments, is developing their first Township Master Plan. The purpose of a Master Plan is to provide guidelines for future development, while protecting the natural resources, preserving the community character and

maintaining the sense of community. The Township Planning Commission will hold a series of planning workshops during several of their regularly scheduled monthly meetings. The public is invited and encouraged to participate in these workshops.

To date, background studies have been completed, including

information on the social-economic characteristics, existing community services, natural resources and existing land uses. This background information will be analyzed to identify important characteristics, changes and trends occurring in the Township.

South Branch Township will be sponsoring a Public Forum on June 2 to gather input for establishing long and short term community goals and objectives. The workshop will be at the South Branch Township Fire Hall located at 5425 M-18, in the community of South Branch Township and will start at 7 p.m.

Input from Township residents is very important. The workshop will begin with an exercise to identify community assets to protect and problems that need to be addressed within the Township. Next, there will be a visioning exercise that will look 20 years into the future to identify desired ideal conditions within South Branch Township.

After goals and objectives have been established, the Future Land Use Plan component of the Master Plan will be developed. This component will represent the "preferred future" of how the community would like to grow. The plan will be based on the analysis of the environmental opportunities and constraints, existing trends and conditions, and projected future land use needs.

The planning commission will work on the master plan at several of its regular monthly meetings over the next year. The township planning commission meets the first Thursday of every month.

Residents are invited to attend and encouraged to participate in the Planning commission meetings.

For additional information on the master plan or times and dates of planning workshops, please contact South Branch Township at (989) 275-8232.

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## Grayling sweeps Rams and Red Devils Vikings blank Harbor Springs 2-0, 7-0

### ■ Softball team wins series vs. East Jordan 7-1, 5-3 on Monday

Grayling High School's varsity girls softball team swept East Jordan and Harbor Springs in doubleheaders last

week.

On Monday, the Vikings defeated the East Jordan Red Devils 7-1, 5-3 in a series at GHS.

Katie Baynham was the winning pitcher for Grayling in game one. She struck out four batters and allowed four hits.

Leading hitters for GHS were: Angeanette Lovely, 2 for 3, 1 run scored; Jessica Henderson, 2 for 3 (1 double), 1 run, 2 stolen bases; Monica Peters, 2 for 2, 1 RBI, 1 steal.

In game two, Chelsea Wolcott was the winning pitcher for the Vikings. She struck out three and surren-

dered six hits.

Offensive leaders for GHS in game two were: Baynham, 2 for 3, 1 run; Henderson, 1 for 3 (double), 1 run; Heather Metzger, 1 for 2; Rachel Ward, 1 run, 1 steal.

"Jessica Henderson had her  
Continued on Page 3B

See "GRAYLING..."



Photos by Caleb Casey

Katie Baynham pitches for Grayling in game one of last Monday's doubleheader vs. the East Jordan Red Devils.

## Baseball team wins road series 7-6, 3-0

### ■ Vikings sweep doubleheader at Harbor Springs on Thursday

The GHS varsity baseball team swept the Harbor Springs Rams 7-6, 3-0 in a series at Harbor Springs last Thursday.

In game one, DJ Metzger was the winning pitcher for the Vikings. Derek Eitzler pitched one inning in relief and picked up a save.

Leading hitters for GHS in game one were: Gibson Tobin, 4 for 4 (1 home run, 1 double), 2 RBI, 2 runs scored; Metzger, 2 for

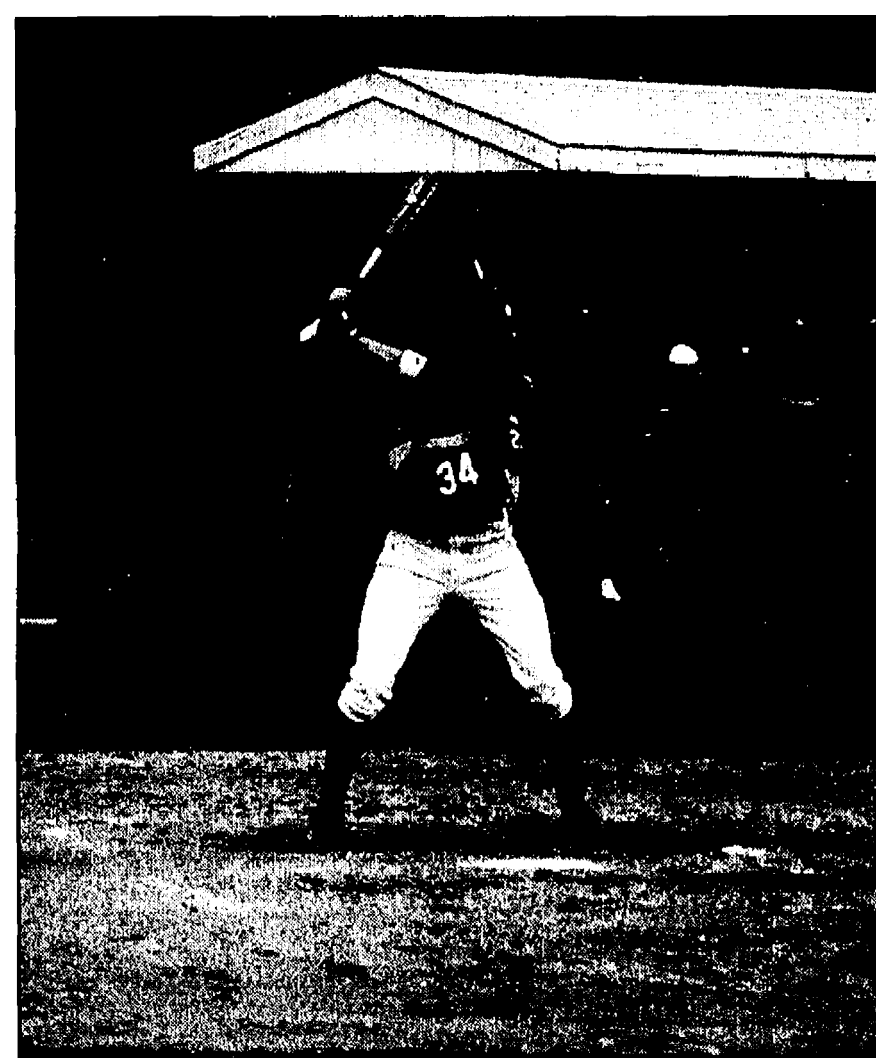
4 (1 home run, 1 double), 3 RBI; Ryan Davis, 1 for 4; Josh Mastej, 1 for 3; Ronnie Johnston, 1 for 4 (double); JC Schneider, 1 for 4, 1 RBI, 1 run; Alex McNamara, 1 for 3; Derek Johnston, 1 for 3.

In game two, Eitzler pitched a complete game shutout and picked up the win. He struck out six and scattered three hits.

Offensive leaders for Grayling in game two were: Eitzler, 1 for 3 (home run), 1 RBI, 1 run; Tobin, 1 for 3, 1 run; Metzger, 2 for 3 (1 double), 1 RBI; Davis, 2 for 3, 1 run, 1 steal; Mastej, 1 for 3, 1 RBI; R. Johnston, 2 for 3.

Continued on Page 4B

See "BASEBALL TEAM..."



Ryan Davis bats for the Vikings against East Jordan on Monday.

## OPENING DAY

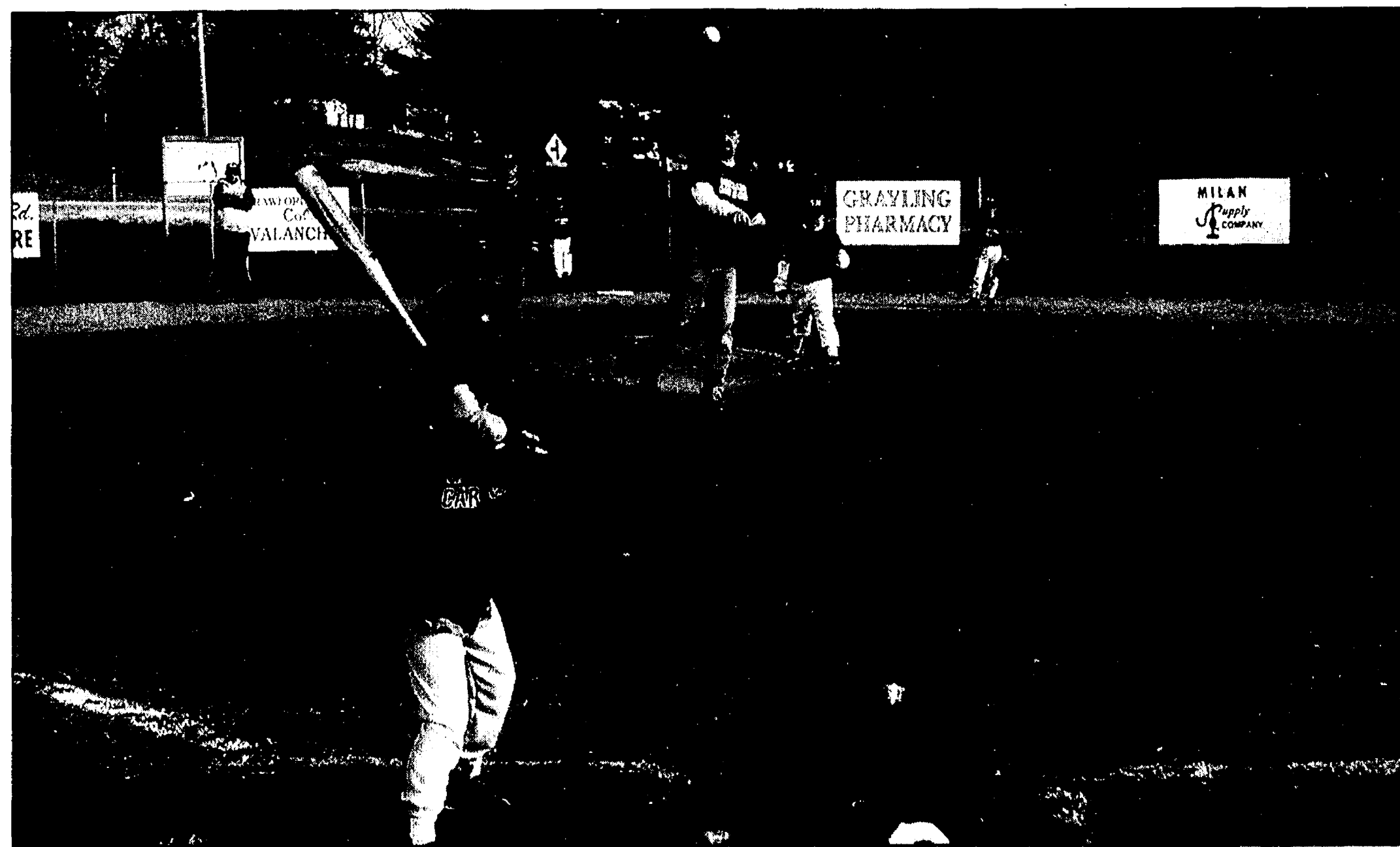


Photo by Caleb Casey

Grayling Car Care plays against Scott McNamara Ford on opening day (Monday, May 16) of Grayling Little League's 2005 season. The league will host a Home Run Derby event at Millikin/McNamara Field on Saturday, May 21. Registration for the 10-division competition starts at 10 a.m. and the derby begins at 11 a.m. Registration is free.

## GHS golf team wins one, ties one

### ■ Vikings tie Bucks for course record at Bay View in Petoskey

Grayling High School won last Wednesday's varsity girls golf meet vs. Traverse City Central 207-254 at Elmbrook Golf Course in Traverse City.

Scores for Grayling included: Abby Wheeler, 49 (1 par); Jessie Morley, 50; Mallory Olson, 53; Samantha LeMaster, 55; Kristi Calkins, 55 (1 birdie); Tracy Payne, 64.

"TC Central has a large golf team with four flights and an instructional squad. On Wednesday, the Vikings met their second flight and came out on top despite the largest challenge - weather. With cold temperatures and high winds, the girls had to adjust their game, particularly off the tee," Coach Rebecca Brown said. "Elmwood is a great course, though shorter than most we've played. It has rolling hills and high banks and  
Continued on Page 6B  
See "GOLF TEAM..."



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Jessie Baker goes after a ball during Wednesday's game against Roscommon.



Goalkeeper June Clark punts the ball after making a save on Wednesday night.

# Soccer game ends in 1-1 tie

**Vikings and Bucks battle to a 1-1 stalemate on Wednesday**

Last Wednesday's varsity girls soccer game between Grayling and Roscommon at GHS ended

in a 1-1 tie. The Vikings scored first on a goal by Beth Lucey. Michelle McGuire posted an assist on the play.

The Bucks of Roscommon tied the contest at 1-1 in the second half, and neither team was able to break the stalemate.

"The girls were really fired up for this game, as they always are for Roscommon. Today it really showed. We moved the ball well and created opportunities. With 14:27 left in the first half, Beth Lucey scored from 20 yards out after receiving a headed pass from Michelle McGuire. It was a great shot into the upper right corner of the net," Coach John Haven said. "Roscommon tied it up eight minutes into the second half. They kept attacking but we were able to hold them."

Grayling goalkeeper June Clark had 12 saves in the match.

On Monday, the Vikings lost to Traverse City Liberty 7-0.

Goalkeepers Clark and Alyssa Farrell combined for eight saves.

Kim Long and McGuire had shots on goal for Grayling.

"We played fairly well against a good team," Coach Haven said. "They have a lot of talent and are tough to defend. They move well

without the ball and that created some confusion on our part in front of the goal."

The GHS soccer team will host Charlevoix on Friday, May 20, at 5 p.m.



Photos by Caleb Casey

Jenny VanNuck controls the ball for GHS in last week's game vs. Roscommon.



Casey Mahaffy handles the ball for the Vikings on Wednesday.

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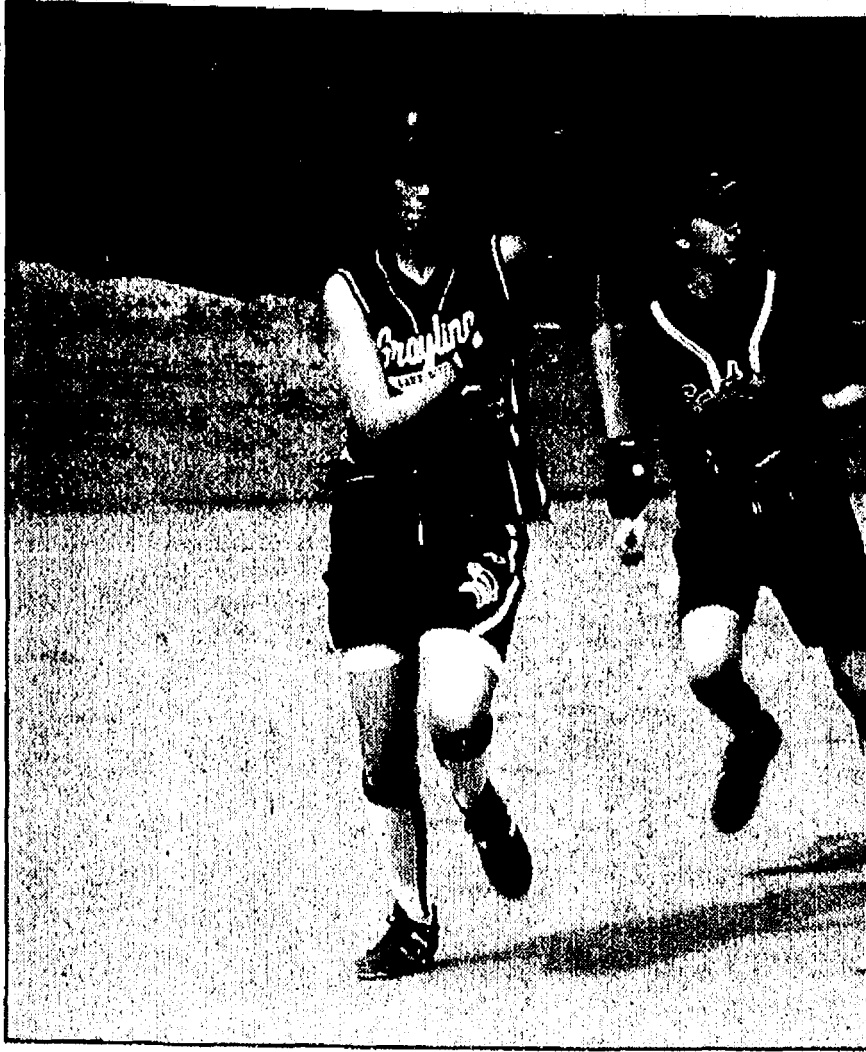
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 Varsity Girls Soccer  
 Coach: John Haven  
**JUNE CLARK**

"June's aggressiveness and lack of fear have earned her the starting goalkeeper position. Her 62 saves and countless dives on loose balls have helped Grayling soccer to its best record ever," her coach said.

**Holiday Inn**  
**Viking of the Week**  
 Girls Golf  
 Coach: Rebecca Brown  
**SAMANTHA LEMASTER**

"Samantha is a great example of working hard to achieve success. Her 47 at Bay View Country Club in Petoskey was not only her personal best, but a key factor in the Viking win," her coach said.





Monica Peters runs from second to third base in Monday's series vs. East Jordan.



Photos by Caleb Casey

Third baseman Heather Metzger throws the ball to first base after fielding a grounder.

## Grayling sweeps Rams, Red Devils

Continued from Page 1B

bat going tonight. It's not often that you see a catcher that has a gun for an arm as well as the athleticism to bunt, hit for power, and be a threat on the base paths. She's a hard worker and that rubs off on her teammates," Coach Keri Brock said.

"It was really nice to get a couple league wins under our belt," Coach Brock added. "We've made some great improvements since the start of the season. Hopefully we can roll into dis-

tricts playing out best ball."

On Thursday, the Vikings won two more Lake Michigan Conference games with victories at Harbor Springs. Grayling defeated the Rams 2-0 and 7-0.

Baynham (game one) and Wolcott (game two) pitched complete game shutouts for the Vikings.

Leading hitters for Grayling were: (game one) Baynham, 1 for 4, 1 steal, 1 run; Lovely, 1 for 2, 1 sacrifice bunt; Wolcott, 1 for 2, 1 walk; (game two) Baynham,

2 for 4, 1 RBI; Lovely, 1 for 4, 1 run, 3 steals; Henderson, 1 for 3, 2 runs, 2 steals; Wolcott, 2 for 3 (1 triple), 2 RBI, 2 runs; Metzger, 2 for 3, 1 run, 1 RBI.

"This was a great road win for us. We really came together as a team and made a great group effort. Every person on our team has a role, some more glamorous than others, but equally important. When each person focuses on their job to the best of their ability we are a very competitive team," Coach Brock said.

"Chelsea Wolcott really kicked it up a notch today. I think she really set out to prove herself. Chelsea has struggled with a shoulder injury and it took its toll on her confidence. We need her at her best as we move in to the final stretch," Coach Brock said.

The Vikings will host Cadillac on Monday, May 23, at 4 p.m.

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**GRAND TRAVERSE FOOT NOTES**  
 by Ronald K. Olm, D.P.M.  
 DO YOU NEED FOOT SURGERY?  
 Many foot ailments respond well to non-surgical treatment such as rest, ice, anti-inflammatory medications, or shoe changes. Several foot conditions may require surgery if they do not respond to home remedies or non-surgical approaches. Bunions, for example, may be surgically removed in a bunionectomy if they cause consistent pain and affect daily activities. Surgical techniques may also help with hallux limitus or hallux rigidus, an arthritic condition of the big toe that can cause loss of motion. Toe deformities such as hammer, mallet, or claw toes can be fixed surgically if they are painful or lead to chronic, painful corns on the toes. Plantar corns, which appear on the sole of the foot, can be surgically removed.  
 Don't suffer with painful, nagging foot problems because you think treatment will involve surgery. Many foot surgeries today are now performed right in the podiatrist's office. New, advanced, conservative techniques can help save you discomfort, recovery time, and cost. If this sounds like something that will encourage you to seek pediatric care for your aching feet, please give us a call at GRAND TRAVERSE FOOT & ANKLE CENTER, P.C., 922-9100 & 800-968-7440. A full-service facility offering total foot care, we're located at 1209 E. 8th Street, Traverse City. Office in Traverse City, also Kalkaska Memorial Health Center Monday & Wednesday afternoons and evenings.  
 P.S. Other foot problems that can be surgically addressed include neuromas, bone spurs, Achilles tendon problems, and plantar fasciitis.



Audrey Alimenti bats for Grayling vs. East Jordan.



Kelly Dunckley runs to third base on Monday.



Chelsea Wolcott prepares for a pitch at shortstop on Monday.

**Heads Up North**  
**Viking of the Week**  
  
**Varsity Baseball**  
 Coach: Ben Brock  
**GIBSON TOBIN**  
 "Gib has raised his batting average to .384 on the season after getting out to a slow start. He had 7 hits in 4 games this past week. He had his best day at the plate against Harbor Springs in game one, going 4 for 4 with a home run, double, and two singles. He has had to come in and pitch for us and has done a tremendous job. That is the kind of athlete that he is. He will battle for us just because he is asked to do so," his coach said.

**Wendy's**  
**Viking of the Week**  
  
**Varsity Softball**  
 Coach: Keri Brock  
**CHELSEA WOLCOTT**  
 Chelsea picked up two pitching victories last week, including a complete game shutout vs. Harbor Springs. On Thursday, she was 3 for 5 at the plate with two singles and a triple, one walk, two RBI, and two runs scored.

### Nature Presentations

- Bird Stories, Humor and a Few Facts by Al Ball
- MUCC's Michigan's Valuable Wetlands • Michigan's Turtles by expert Jim Harding
- Wolves in Michigan by Dr. Tom Gehring • Becoming a Better Birder and Why Birds Don't Ask For Directions, with Dr. Eldon Greij
- Warblers' World, the story of the Kirtland's warbler, by leading wildlife biologists • and much more.



### Food

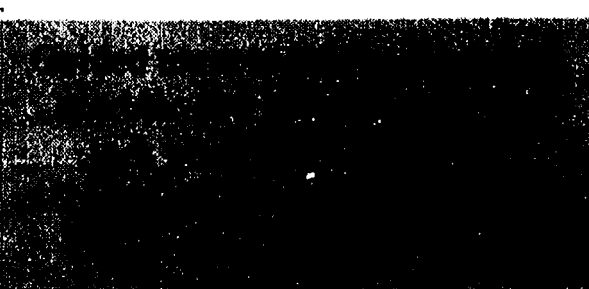
- Early Bird Breakfast begins at 6 a.m. • BBQ chicken lunch
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For more information, call 989-275-5000, ext. 242, or visit our Web site at [warbler.kirtland.edu](http://warbler.kirtland.edu).

## The 2005 Kirtland's Warbler Festival!

"A Celebration of Nature"  
**Saturday, May 21**  
 at Kirtland Community College  
 Roscommon

Most presentations and activities take place on Saturday.



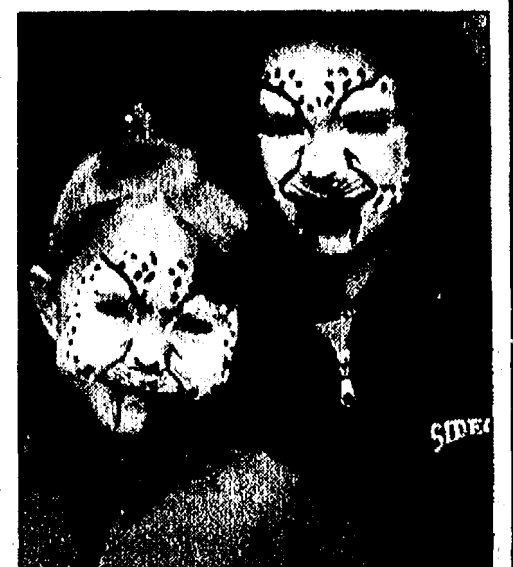
Dr. Eldon Greij will host a pre-festival birding workshop on Friday, May 20

### Fun Activities

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### The Warbler Wobble

- 5K and 10K runs • Fun walk (registration information on the festival Web site or by calling 989-348-1909)





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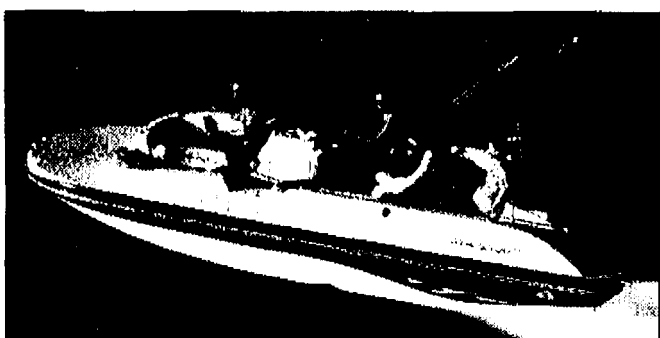
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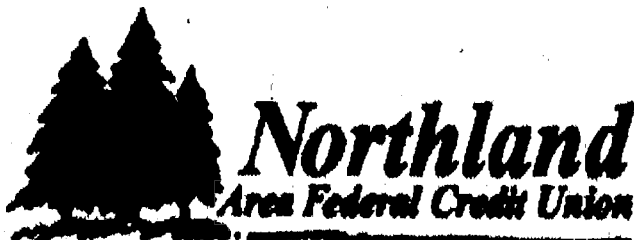
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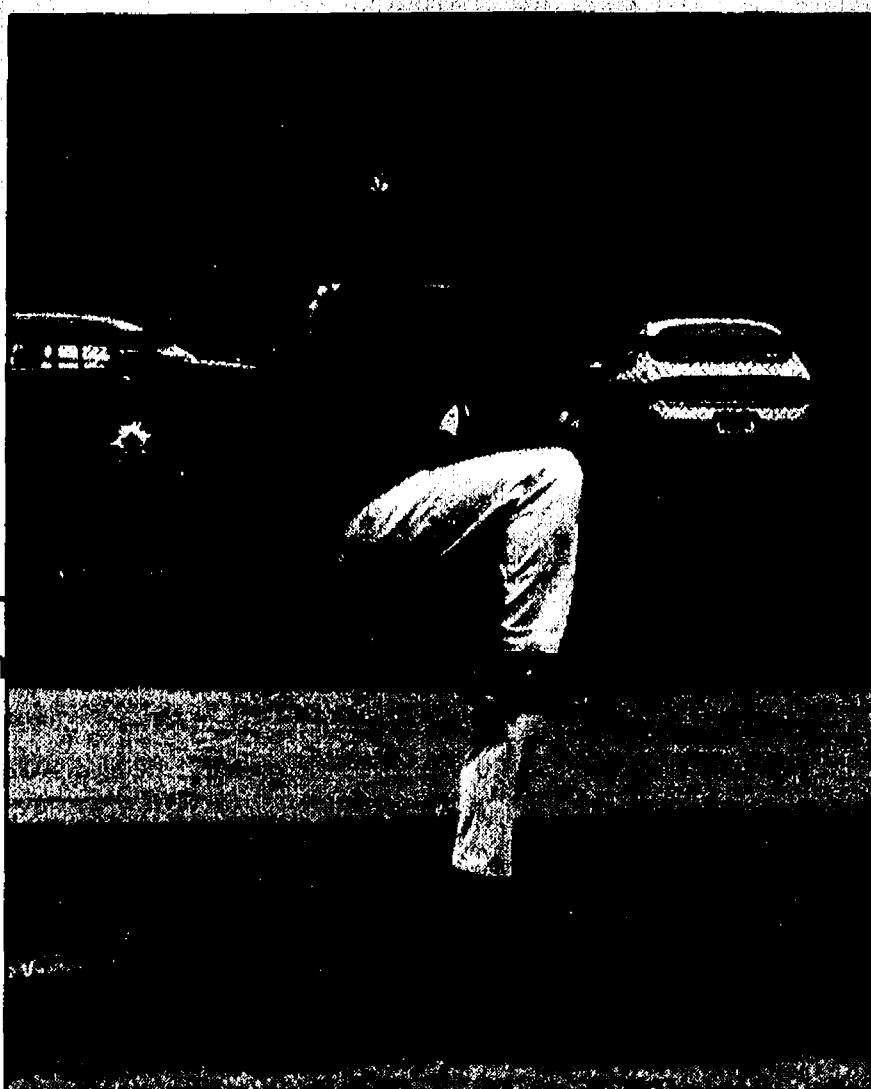
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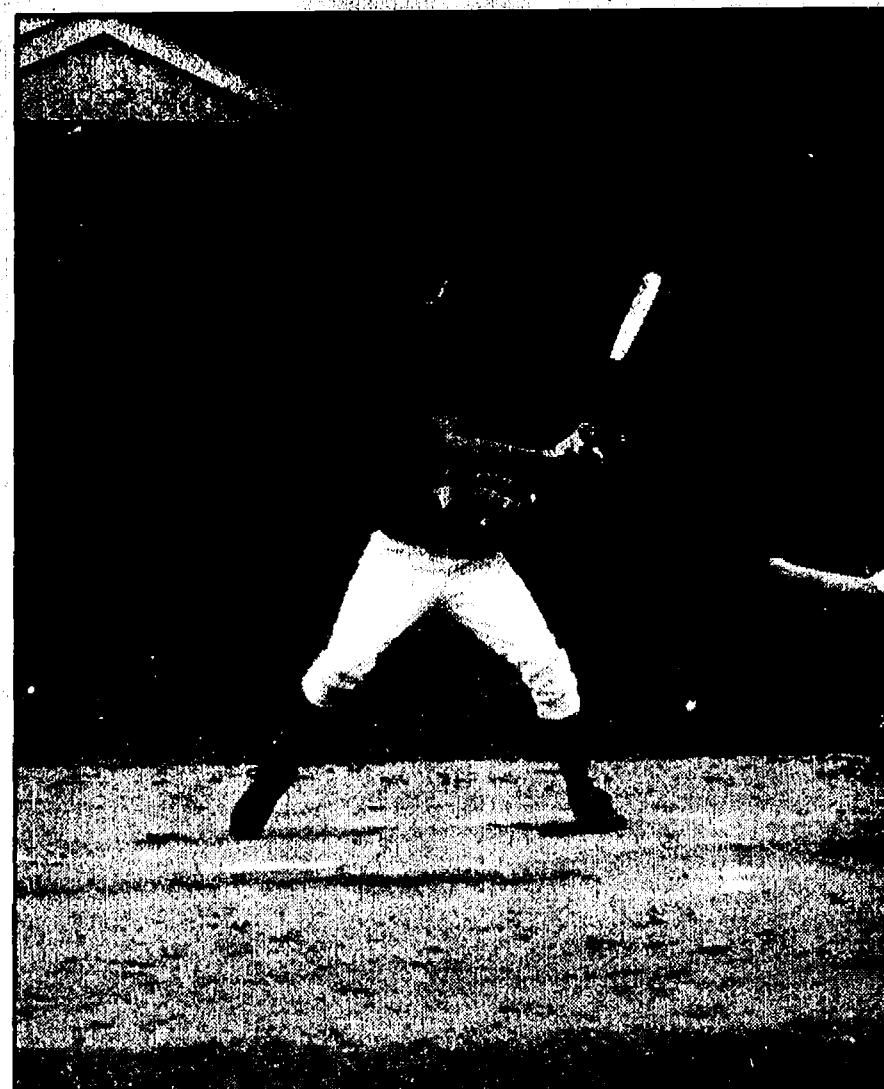
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DJ Metzger pitches for Grayling during Monday's series vs. East Jordan.



Gibson Tobin bats against East Jordan on Monday, May 9.

# Baseball team wins road series vs. Rams 7-6, 3-0

Continued from Page 1B

"We finally swept a team in a doubleheader. DJ Metzger pitched well in the first game and also crushed a 302-foot shot out of the park. He is now hitting .500 on the year and that leads our team. Gib Tobin went 4 for 4 at the plate with a home run and a double. Eight out of our nine batters had at least one hit in game one. Derek Etzler came in to relieve Metzger in the sixth inning and shut Harbor Springs down. That was Etzler's first save of the season," Coach Ben Brock said.

"Derek Etzler pitched a gem in the second game as he recorded his second complete game shutout of the season. He only gave up three hits and had six strikeouts. Derek also helped his cause with a solo homer. Metzger, Ryan Davis, and Ronnie Johnston each collected two hits in the second game," Coach Brock said.

On Monday, the Vikings lost a pair of home games to East Jordan 9-4, 12-7.

Metzger pitched game one for GHS and Tobin and Metzger pitched game two.

Offensive leaders for Grayling

in the series were: (game one) Etzler, 1 for 4 (home run), 1 run, 1 RBI; Tobin, 1 for 4; Metzger, 3 for 3 (1 double), 1 run; Davis, 1 for 4 (1 home run), 2 RBI; Schneider, 2 for 3, 1 RBI, 1 steal; McNamara, 1 for 3; (game two) Etzler, 1 for 3 (home run), 2 RBI; Tobin, 1 for 3; Metzger, 2 for 4, 1 run; Davis, 2 for 4 (2 home runs), 4 RBI, 2 runs; Mastej, 1 for 3, 1 run; R. Johnston, 1 for 4 (double); Schneider, 1 for 3, 1 RBI, 1 run; McNamara, 1 for 4, 1 RBI.

"We had chances to win both games. We rallied back in game two with Derek Etzler blasting a home run in the bottom of the sixth inning to tie the score. We also hit five homers today as a team. We had none prior to this game so that means our sticks are coming around. It seems as if the warmer the weather gets, the better we hit. We have cut down on our errors in the field as well," Coach Brock said. "Gib Tobin and DJ Metzger pitched well for us today and Ryan Davis crushed three dingers in the doubleheader. These guys are getting better with game experience and it is starting to show. East Jordan is in first place in our league right now and their coach gave us many compliments on how tough we battled his team."

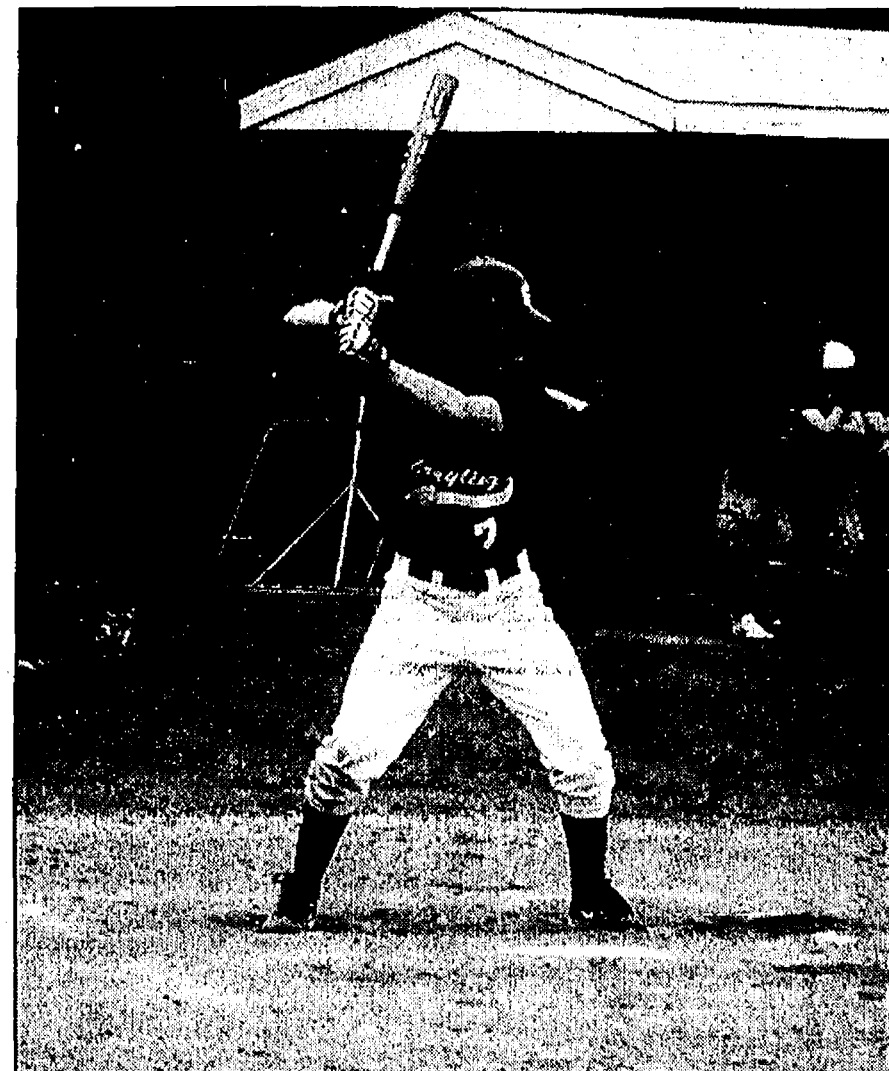
"It will be interesting to see if we can put it all together when districts come in two weeks. Juniors JC Schneider, Josh Mastej, and Ronnie Johnston are really starting to be productive players. Ryan Davis will begin throwing next week and we'll see if he will be ready to go when the tourney begins," Coach Brock said. "The district draw will be on Thursday, May 19, in the morning at GHS. Then we will know exactly whom we will have to play. The guys are getting anxious and so am I."

The Vikings have six players batting over .300 following last week's games: Metzger, .500 (27 for 54); Tobin, .382 (21 for 55); Mastej, .352 (19 for 54); Etzler, .327 (18 for 55); Davis, .324 (11

for 34); R. Johnston, .319 (15 for 47).

The Vikings will host Cadillac

on Monday, May 23, at 4 p.m. Districts will be played on Saturday, June 4, at GHS.



Photos by Caleb Casey

JC Schneider bats for the Vikings in last week's series against the East Jordan Red Devils.



Ronnie Johnston leads off at first base vs. East Jordan on Monday.



Derek Etzler bats for GHS on Monday.

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# Hanson Hills hosts Top of the Hill 5K race

More than 20 people competed in Hanson Hills Recreation Area's annual Top of the Hill 5K race on Saturday, May 7. Overall winners for the event were Scott

Latusek, 21, and Sarah Scow, 16. A complete list of results (provided by Grayling Recreation Authority, race coordinator) is included below.

## Top of the Hill 5K

Hanson Hills Recreation Area  
Saturday, May 7, 2005

### Women:

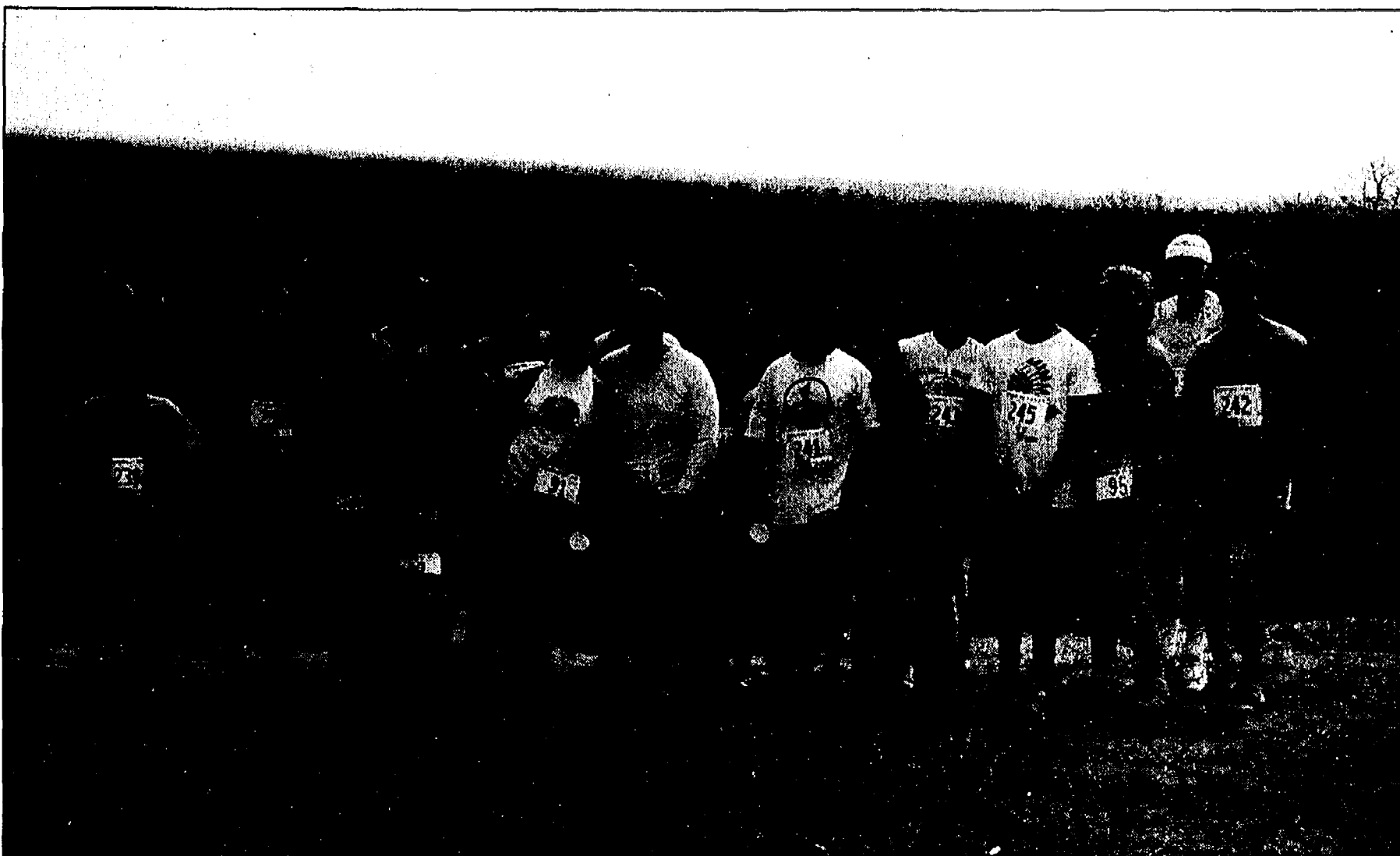
Name	Bib #	Age	Sex	Time
Sarah Scow	91	16	f	0:24:58
Chris Seager	92	43	f	0:26:52
Jody Hinkle	93	47	f	0:29:04
Karrie Royce	89	33	f	0:31:32
Angie Compton	90	24	f	0:32:06
Rachel O'Mara	95	22	f	0:32:17
Cindy Olson	94	47	f	0:33:06

### Men:

Name	Bib #	Age	Sex	Time
Scott Latusek	242	21	m	0:19:17
Moses Peters	243	15	m	0:19:40
Jason Drudge	245	15	m	0:20:12
Paul Owen	241	36	m	0:21:22
Robert VanNuck	246	20	m	0:21:54
Mark Jurkovich	252	55	m	0:23:15
William Dean	244	45	m	0:25:30
Jim Gardiner	253	47	m	0:25:46
Bruce McGuire	247	51	m	0:25:50
Mark Dalak	248	27	m	0:26:13
George Gambert	249	57	m	0:26:15
Fred Perrin	255	60	m	0:26:33
Craig Jacobs	240	40	m	0:29:48
Hank Jacobs	239	11	m	0:29:54
Tom Gardiner	254	45	m	0:29:57
Dan Scow	251	48	m	0:30:33
Ken Wright	238	66	m	0:35:41



Scott Latusek and Sarah Scow won this year's Top of the Hill 5K race at Hanson Hills Recreation Area.



Photos courtesy of Grayling Recreation Authority

This year's Top of the Hill 5K race at Hanson Hills featured more than 20 competitors.

## KIRTLAND BASKETBALL

Area basketball standouts Chelsea Williams of Houghton Lake and Matt Tompkins of Fairview are the first high school seniors to sign agreements to play for the Kirtland Firebirds since the athletic signing period opened April 13.

Williams, a 6'1" post player who led the Houghton Lake Bobcats to conference and district titles this year, will add strength and some much-needed height to the Lady Firebirds team which basically went without a post player this season.

Second-year Firebirds coach Teresa Stuck, who is also a Houghton Lake alumna, said Williams will fill an important niche on her team.

"We really needed a post presence and she is going to fill that role nicely," Stuck said. As a senior, Williams was an All-Conference and All-State pick.

"I am really excited to be able to sign someone from my hometown high school, especially somebody like Chelsea. She is a great kid and is really going to help us out on the court for next year."

The Firebirds posted a winning season this year - the first in the team's five-year history - and will enjoy the luxury of hav-

ing several returning players who can help Williams with her transition to college ball.

"She has a lot of potential and I have a lot of faith that after her two years here, a lot of doors will open for her at four-year schools," Stuck said.

Signing on to Kirtland's men's team, coached by Glen Donahue, is 6'1" Fairview High School senior Matt Tompkins.

Tompkins is described by his high school coach, Wayne Nutt, as his "coach on the floor."

"He knows where everybody's supposed to be and how to get there," Nutt said.

Tompkins, who was on Fairview's varsity team three years, played primarily in the guard position, but Nutt said this year they pushed him to shoot more.

"He's great at driving in, at attacking the basket," Nutt said. "But you name the position, he can play it."

Tompkins' skill earned him first team All-Conference and first team All-Sunrise Side recognition. As team captain, he helped the Eagles win their district championship this year, with a 15-7 record.

"And he's a great kid," Nutt added. "He was raised by his

mother and she deserves a lot of credit. We've enjoyed having him as part of the program and look forward to watching him play at Kirtland."

Tompkins is just as excited about continuing his career.

"It's been a dream of mine to play basketball in college," Tompkins said. "I'm glad I got the opportunity - I just hope I can help the team win games these next two years."

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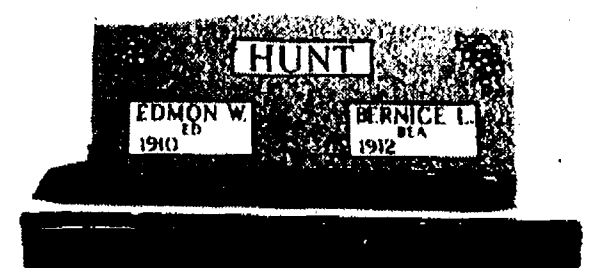
Take advantage of this hands-on workshop intended to help you improve your bird identification and birding skills. Participants will learn how to look for, and key in on, important identifying features and those often illustrated in field guides.

The workshop will be conducted from 9:30 a.m. - 2:30 p.m. at the Kirtland House on the KCC campus. Cost is \$35 and includes lunch. Call 989-275-5000, ext. 418, for registration information

warbler.kirtland.edu

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# Golf team wins one, ties one

**Continued from Page 1B**  
was a good experience for us to play and overcome. We need to increase the numbers of times we par or birdie as we head into regional play on the 20th."

On Monday, May 9, the Vikings tied Roscommon for first place in a three-team meet at Bay View Country Club in Petoskey.

Final team scores were: Grayling 185, Roscommon 185, Petoskey 198.

"The Vikings did a great job at Bay View, as did Roscommon, and combined for a 185 course record for girls golf. Each golfer has been focused on their mechanics and all have set goals to advance team success by

achieving personal improvement," Coach Brown said. "I'm always very impressed with the girls' efforts and know great things lie ahead as the players continue to exercise self-discipline and are students of the game."

Individual scores for Grayling at Petoskey included: Wheeler,

44 (1 par); Calkins, 44 (4 pars); LeMaster, 47 (1 par); Morley, 50 (2 pars); Olson, 53 (1 birdie); Payne, 56; Alexis Elmy, 71; Monica Leslie, 86.

Last Friday's scheduled meet was rained out.

This Friday, the Vikings will compete in their regional tournament at Perry.

## GHS TRACK

### Boys Team

Grayling placed in several events at last Thursday's 12-team East Jordan Invitational track meet.

Placements for GHS included:

Tyler Cragg, 1st, 400m dash, 2nd, 1600m relay; Jeff Bancroft, 3rd, 3200m relay; Ryan Schmidt, 2nd, long jump, 2nd, 400m relay, 2nd, 1600m relay; Reagan Schmidt, 3rd, 3200m relay; Chris Gosicki, 3rd, 3200m relay, 2nd, 1600m relay; Joey Bancroft, 2nd, 400m relay; Isaac VanNuck, 2nd, 400m relay; Ryan Cooper, 2nd, 400m relay.

"This was a good warm-up for regionals next Saturday. Our guys seem to be peaking at the right time, and hopefully we'll be able to take a few to the state finals," Coach Tim Sanchez said.

### Girls Team

On Monday, the Vikings placed third in a four-team meet at Charlevoix. Team scores

included: Charlevoix 111, Traverse City St. Francis 47, Grayling 41, Elk Rapids 20.

Placements for GHS included: Justine Tozer, 4th, 100m hurdles, 3rd, 400m dash; Adrianna Voelker, Annie Melroy, Cassie Pizzi, Angie Martella, 2nd, 800m relay; Rachel Doremire, 5th, 1600m run; Krystal Babbitt, Melroy, Pizzi, Voelker, 2nd, 400m relay; Katie Zill, 4th, 400m dash; Angie Martella, 5th, 400m dash; Voelker, 3rd, 200m dash; Jamie Hagerman, 4th, 200m dash; Melroy, 5th, 200m dash; Zill, Tozer, Jamie Pinkelman, Doremire, 3rd, 1600m relay; Mandy Czapek, 3rd, shot put, 2nd, discus; Voelker, 1st, high jump; Zill,

2nd, high jump.

"The kids have been working hard. Each meet they learn how to run the race a little better," Coach Belusar said.

On Thursday, the Vikings competed in the East Jordan Invitational.

Grayling's 400m relay team of Babbitt, Melroy, Pizzi, and Voelker placed 5th.

"Mandy Czapek reached her personal best in shot put with a throw of 24 feet, 10 inches. Rachel Doremire keeps improving her time in the mile," Coach Belusar said.

The Vikings will host the Lake Michigan Conference championship meet at 4 p.m. on Wednesday, May 25.

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## LEGAL ACTION

### STATE OF MICHIGAN IN THE CIRCUIT COURT FOR THE COUNTY OF GRAND TRAVERSE

HUNTINGTON NATIONAL  
BANK, a National Banking  
Association,

Plaintiffs,  
Case No. 05-24446CK

vs.

AUSABLE VALLEY  
INVESTMENT COMPANY, LLC  
GLENN R. CARLSON and  
ROBERT L. BUTLER

Defendants.  
PETER D. RHOADES (P49515)  
Attorney for Huntington National  
Bank  
Rhoades Law Office PC  
PO Box 2271  
Holland MI 49422  
616-355-7318

TO: ROBERT L. BUTLER  
Previously of 10333 Madison Avenue  
Grayling, Michigan

You are being sued. The Court has  
authorized Plaintiff to serve you by alter-  
native method. You have 21-days from

May 25, 2005 to Answer or otherwise  
defend. Failure to answer or otherwise  
defend will result in the entry of a Default  
Judgement.

5-12-05  
Respectfully submitted,  
Peter D. Rhoades (P49515)  
Attorney for Huntington National Bank

-19-26

### STATE OF MICHIGAN PROBATE COURT COUNTY OF CRAWFORD NOTICE TO CREDITORS Decedent's Estate

File No. 05-6986-DE  
Estate of Constance Jennine Ennis,  
deceased

Date of birth: 3-14-37  
**NOTICE TO CREDITORS:**  
The decedent, Constance J. Ennis, who  
lived at 4055 Pinecrest, Grayling,  
Michigan died 1-22-01.

Creditors of the decedent are notified  
that all claims against the estate will be  
forever barred unless presented to  
Michael L. Vojnov Jr., named personal  
representative or proposed personal  
representative, or to both the probate court at  
200 W. Michigan Ave. Grayling, MI  
49738 and the named/proposed personal  
representative within 4 months after the  
date of publication of this notice.

Date: 4-26-05  
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-19

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mortgagee. In that event, your  
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sale, plus interest.

Notice is hereby given that Default has  
occurred in the following Mortgages  
given to the United States of America, act-  
ing through the Farmers Home  
Administration, United States  
Department of Agriculture;

1. Mortgage given by Timothy S. Janis  
and Barbara P. Janis, husband and wife,  
dated May 20, 1982 and recorded on May  
20, 1982 in Liber 206 on pages 296  
through 299 of the Crawford County  
Records; said Mortgage was subsequently  
assumed by Vanna L. Ward;

2. Mortgage given by Vanna L. Ward,  
dated February 24, 1987 and recorded on  
February 25, 1987 in Liber 258 on pages  
74 through 77 of the Crawford County  
Records. The Mortgage was corrected and  
replaced by an Amended Mortgage dated  
June 15, 1987 and recorded on July 7,  
1987 in Liber 263 on pages 463 through  
466 of the Crawford County Records;  
(all of the foregoing are collectively  
referred to as the "Mortgages")

No proceedings have been instituted to  
recover any part of the debt secured by the

Mortgages which is now Seventy  
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The Mortgages will be foreclosed by  
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sale will be held on June 29, 2005 at  
10:00 a.m., local time, at the front door to  
the County Building in Grayling,  
Michigan which is the location of the  
Crawford County Circuit Court.

The property will be sold to pay the  
amount then due on the Mortgages,  
including interest at the rate of 9% per  
year, legal costs, attorney fees and any  
taxes or insurance which may be paid by  
the mortgagee before the sale. The prop-  
erty to be sold is located in Grayling  
Township, Crawford County, Michigan,  
and is more specifically described in the  
Mortgages as;

Lot 3, Block 3, of KAREN WOODS  
SUBDIVISION, according to the plat  
thereof as recorded in Plat Liber 1, on  
Page 44, of the Crawford County  
Records.

The redemption period will expire six  
(6) months from the date of the sale unless  
the property is deemed to be abandoned pur-  
suant to MCLA 600.3241a in which case  
the redemption period will expire thirty  
(30) days from the date of the sale.

Dated: May 19, 2005  
UNITED STATES OF AMERICA,  
ACTING THROUGH THE RURAL  
DEVELOPMENT AGENCY, F/K/A THE  
FARMERS HOME ADMINISTRATION,  
OF THE UNITED STATES DEPART-  
MENT OF AGRICULTURE  
PREPARED BY: JOHN R. TUCKER  
(P37348). WINEGARDEN, HALEY,  
LINDHOM & ROBERTSON, P.L.C.,  
G-9460 S. Saginaw Street, Suite A,  
Grand Blanc, Michigan 48439  
(810) 767-3600

-19-26-2-9-16

### Notice Of Mortgage Foreclosure Sale

THIS FIRM IS A DEBT COLLEC-  
TOR ATTEMPTING TO COLLECT A  
DEBT. ANY INFORMATION WE  
OBTAIN WILL BE USED FOR THAT

PURPOSE. PLEASE CONTACT OUR  
OFFICE AT THE NUMBER BELOW IF  
YOU ARE IN ACTIVE MILITARY  
DUTY.

ATTN PURCHASERS: This sale may  
be rescinded by the foreclosing mort-  
gagee. In that event, your damages, if any  
shall be limited solely to the return of the  
bid amount tendered at sale, plus interest

**MORTGAGE SALE - Default** has  
been made in the conditions of a mort-  
gage made by Glen R. Carlson, a singl-  
man, original mortgagor(s), to Bank o  
Ann Arbor, Mortgagee, dated August 2  
2002, and recorded on August 7, 2002 i  
Liber 591 on Page 237, and assigned by  
said Mortgagee to Washington Mutua  
Bank, FA as assignee by an assignment, i  
Crawford county records, Michigan, o  
which mortgage there is claimed to be du  
at the date hereof the sum of One Hundred  
Seventy Thousand Six Hundred Sixty  
Two And 97/100 Dollars (\$170,662.97)  
including interest at 7.875% per annum.

Under the power of sale contained in  
said mortgage and the statute in such cas  
made and provided, notice is hereby give  
that said mortgage will be foreclosed by  
sale of the mortgaged premises, or some  
part of them, at public vendue, at the  
Front door of the County building in  
Grayling at 10:00 AM, on June 22, 2005

Said premises are situated in City o  
Grayling, Crawford County, Michigan  
and are described as: The South 1/2 of the  
East 1/2 of the Northeast 1/4 of the  
Southeast 1/4 of the Southwest 1/4  
Section 9, Town 26 North, Range 3 West  
The redemption period shall be (6  
months from the date of such sale, unles  
determined abandoned in accordance with  
MCLA 600.3241a, in which case the red  
emption period shall be 30 days from the  
date of such sale.

Dated: May 19, 2005  
For more information, please call:  
FC R 248.593.1305  
Trott & Trott, P.C.  
Attorneys For Washington Mutua  
Bank, FA  
30400 Telegraph Rd Ste 200  
Bingham Farms, Michigan 48025  
5822  
File #056045F01

-19-26-2-4

## Eldorado Project USDA - Forest Service, Huron - Manistee National Forests Mio Ranger District

The Mio Ranger District is proposing to implement the Eldorado  
Project. Substantially complete chapters 1 and 2 of the environ-  
mental assessment for this project are available at the Mio Ranger  
District office, or at: [www.fs.fed.us/r9/hnmf/pages/proposed\\_projects](http://www.fs.fed.us/r9/hnmf/pages/proposed_projects).

The Responsible Official is leaning towards the Alternative 3  
which includes the following actions: 1) Harvest by clear-cutting  
approximately 934 acres of jack pine; 2) Thin approximately 396  
acres of red pine to improve growth on remaining trees and reduce  
hazardous fuels; 3) Construct approximately two and one-half  
miles of temporary roads and associated landings to remove forest  
products. These roads would be closed when harvest activities are  
completed and the landings would be reforested; 4) Reforest  
approximately 934 acres of clear-cut jack pine at 1600 trees per  
acre by mechanical means (planting, seeding, etc.) where neces-  
sary to create Kirtland's warbler nesting habitat; 5) Reestablish fuel  
break adjacent to private property; 6) Under-burn approximately  
377 acres of thinned red pine plantations to reduce hazardous  
fuels; 7) Close or re-close approximately 2.8 miles of two-track  
roads not needed for public transportation or management purposes;  
8) Relocate approximately 2.3 miles of ORV trail onto 1.3 miles  
of Meridian Road.

An environmental assessment has not been completed, and no  
decision has been made. Comments on the Eldorado proposal are  
requested at this time because substantive comments received  
early in the analysis allow for the greatest opportunity to consider  
them in the decision.

This 30-day comment period provides the final pre-decisional  
opportunity for public review of these proposed actions and chap-  
ters 1 and 2 of the environmental analysis. Comments must be  
received or post marked within 30 days of the date that this notice  
is published in the Oscoda County Herald. If the comment period  
ends on a Saturday, Sunday or Federal holiday, the comment peri-  
od shall be extended to the close of business of the next Federal  
working day. In order to have standing to appeal a decision under  
36 CFR 215, you must submit substantive comments during the  
30-day comment period. Substantive comments are defined as  
comments that are within the scope of the proposed action, are  
specific to the proposed action, have direct relationship to the pro-  
posed action and include supporting reasons for the Responsible  
Official to consider. Comments will be considered by District  
Ranger, Steven A. Goldman in reaching a final decision. Mr.  
Goldman may be reached at the Mio Ranger Station, 401 N. Court  
St., Mio, MI 48847 (M-F, 8-4:30), or by phone at 989-826-3252,  
989-826-3592 (TTY), or 989-826-6073 (fax). E-mail comments to:  
[comments-eastern-huron-manistee-mio@fs.fed.us](mailto:comments-eastern-huron-manistee-mio@fs.fed.us) (Email attach-  
ments must be readable by MS Office 2000 or Adobe Acrobat 5.0).  
Include (1) name, address, telephone number, name of organiza-  
tion represented and title, (2) title of document on which the com-  
ment is being submitted (Eldorado Project), and (3) specific facts  
and supporting reasons that you believe we should consider in  
reaching a final decision. In order to have standing to appeal this  
decision under 36 CFR 215, you must have submitted comments  
or otherwise expressed interest in this proposal prior to the close  
of the 30-day comment period.

If you have any questions, or need further information about this  
proposal, please contact Joe Gomola at the address or phone  
numbers above.

Copies of the final decision (Decision Notice) will be mailed to  
people who submit comments, or who request a copy during or  
before the comment period.

For appeal eligibility, each individual or representative from each  
organization submitting substantive comments must either sign the  
comments or verify identity upon request. Only those who submit  
timely and substantive comments will be accepted as appellants.

## LOVELLS TOWNSHIP ORDINANCE

AN ORDINANCE TO AMEND THE LOVELLS TOWNSHIP ZON-  
ING ORDINANCE TO PROVIDE ENVIRONMENTAL PROTEC-  
TION REGULATIONS FOR COMMERCIAL & BUSINESS DIS-  
TRICT PROPERTIES HAVING AUSABLE RIVER FRONTAGE.

LOVELLS TOWNSHIP HEREBY ORDAINS:

### Section 1. Amendment of Article VIII Commercial & Business District, C-B.

Article VIII Commercial & Business District, C-B of the Lovells  
Township Zoning Ordinance is hereby amended to add a new  
Section 8.04, which shall read in its entirety as follows:

#### Section 8.04 - Properties with AuSable River Frontage

For properties in the C-B District having AuSable River Frontage,  
the following section of the G-3 District shall apply: Section 5.04  
Area Regulations, Section 5.05 Limitations of Funnel  
Development, Section 5.06 Accessory Structures, Section 5.07  
Natural Vegetation Strip, Section 5.08 Use of Pesticides,  
Herbicides and Fertilizers, Section 5.09 Land Alterations, and  
Section 5.10 Sanitary Waste Systems.

### Sections 2. Severability.

If any clause, sentence, paragraph, section or part of this  
Ordinance is adjudged by any court to competent jurisdiction to be  
invalid, such judgment shall not affect, impair, or invalidate the  
remainder of the Ordinance, but shall be confined in its operation  
to the clause, sentence, subparagraph, paragraph, section, or part  
directly involved in the controversy in which the judgment was ren-  
dered.

### Section 3. Effective Date.

This Ordinance shall become effective eight (8) days after being  
published in a newspaper of general circulation within the  
Township.

TOWNSHIP OF LOVELLS

By: Frederick C. Schalby, Supervisor

By: Cheryl L. Hopp, Clerk

## STATEMENT OF NONDISCRIMINATION

Upper Peninsula Telephone Company is the recipi-  
ent of Federal financial assistance from the Rural  
Utilities Service, an agency of the U.S. Department  
of Agriculture, and is subject to the provisions of Title  
VI of the Civil Rights Act of 1964, as amended,  
Section 504 of the Rehabilitation Act of 1973, as  
amended, the Age Discrimination Act of 1975, as  
amended, and the rules and regulations of the U.S.  
Department of Agriculture which provide that no per-  
son in the United States on the basis of race, color,  
national origin, age, or handicap shall be excluded  
from participation in, admission or access to, denied  
the benefits of, or otherwise be subjected to discrim-  
ination under any of this organization's programs or  
activities.

The person responsible for coordinating this organi-  
zation's nondiscrimination compliance efforts is  
Calvin E. Matthews, Vice President. Any individual,  
or specific class of individuals, who feels that this  
organization has subjected them to discrimination  
may obtain further information about the statutes  
and regulations listed above from and/or file a writ-  
ten complaint with this organization; or the  
Secretary, U.S. Department of Agriculture,  
Washington, DC 20250; or the Administrator, Rural  
Utilities Service, Washington, DC 20250.  
Complaints must be filed within 180 days after the  
alleged discrimination. Confidentiality will be main-  
tained to the extent possible.



# LEGAL ACTION

## Notice Of Mortgage Foreclosure Sale

AS A DEBT COLLECTOR, WE ARE ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. NOTIFY US AT THE NUMBER BELOW IF YOU ARE IN ACTIVE MILITARY DUTY.

**MORTGAGE SALE** - Default having been made in the terms and conditions of a certain mortgage made by Alice L. Duby, a single woman, Mortgagee, to GreenPoint Credit, LLC n/k/a Green Tree Servicing, LLC, Mortgagee, dated the 26th day of July, 1999 and recorded in the office of the Register of Deeds, for The County of Crawford and State of Michigan, on the 19th day of August, 1999 in Liber 488 of Crawford County Records, page 618, on which mortgage there is claimed to be due, at the date of this notice, the sum of Eighty Two Thousand Seven Hundred Fifty Nine & 94/100 (\$82,759.94), and no suit or proceeding at law or in equity having been instituted to recover the debt secured by said mortgage or any part thereof. Now, therefore, by virtue of the power of sale contained in said mortgage, and pursuant to statute of the State of Michigan in such case made and provided, notice is hereby given that on the 22nd day of June, 2005 at 10:00 o'clock a.m. Local Time, said mortgage will be foreclosed by a sale at public auction, to the highest bidder, at the front door to the County Bldg. in Grayling MI (that being the building where the Circuit Court for the County of Crawford is held), of the premises described in said mortgage, or so much thereof as may be necessary to pay the amount due, as aforesaid on said mortgage, with interest thereon at 9.25% per annum and all legal costs, charges, and expenses, including the attorney fees allowed by law, and also any sum or sums which may be paid by the undersigned, necessary to protect its interest in the premises. Which said premises are described as follows: All that certain piece or parcel of land situated in the Township of Lovells, County of Crawford, State of Michigan, and described as follows, to wit:

Parcel A-2: Part of the Northwest one-quarter of the Southwest one-quarter of Section 20, Town 28 North, Range 1 West, described as: Commencing at the West one-quarter corner of said Section; thence South 01 degree 43 minutes 00 seconds West, along the West line of said Section 663.66 feet to the Point of Beginning; thence South 87 degrees 51 minutes 55 seconds East 869.94 feet; thence South 01 degree 29 minutes 23 seconds West parallel with the West one-eighth line of said Section, 583.49 feet; thence North 87 degrees 42 minutes 00 seconds West, parallel with the South one-eighth line of said Section, 872.27 feet to the West line of said Section; thence North 01 degree 43 minutes 00 seconds East, along said West line 581.7 feet to the Point of Beginning. SUBJECT TO a 25 foot wide ingress and egress easement for the installation and maintenance of public and private utilities. Said easement lying 12.5 feet on each side of and adjacent to the centerline of which is described as: Commencing at the West one-quarter corner of Section 20, Town 28 North, Range 1 West; thence South 88 degrees 01 minutes 02 seconds East, along the East-West one-quarter line of said Section, 12.5 feet to the Point of Beginning of said 25 foot wide easement; thence South 01 degree 43 minutes 00 seconds West, parallel with the West line of said Section, 663.66 feet to the Point of Ending of centerline of said 25 foot easement. 8499 Lovells Rd

During the twelve (12) months immediately following the sale, the property may be redeemed, except that in the event that the property is determined to be abandoned pursuant to MCLA 600.3241a, the property may be redeemed during 30 days immediately following the sale.

Dated: 5/19/2005  
Green Tree Servicing, LLC f/k/a GreenPoint Credit, LLC.  
Mortgagee  
FABRIZIO & BROOK, P.C.  
Jonathan L. Engman (P56364)  
Attorney for Green Tree Servicing, LLC f/k/a GreenPoint Credit, LLC.  
888 W. Big Beaver, Suite 1470  
Troy, MI 48064  
248-362-2600

-19-26-2-9

## RECORD OF CITY COUNCIL PROCEEDINGS

### Meeting held on the 25th day of April 200 Grayling, Michigan

I. Meeting called to order by Mayor Ferrigan at 7:31 P.M.  
II. Members Present: Joe Ferrigan, Roger Moshier, Larry Akers, Kim McClain  
Members Absent: Dennis Palmer  
Also in Attendance: Allen Lowe, City Manager, Michele Moshier, City Clerk, Dave Sabin, Mark Hurley, Brian Morrison, Richard Schreiber, Doug Meroney, Lynne Trudeau, Jeremy Bowers, Darcie Bowers, Aaron Millikin, Kelly Millikin, Tom Wellman, Brian

Anderson

III. Approval of Consent Agenda  
A. City Council Meeting Minutes for April 11, 2005  
B. TBC, Inc. Transfer of Ownership of 2004 Class C Licensed Business 05-073

Moved by Moshier, seconded by Akers that the Consent Agenda be approved as presented: Ayes: 4, Nays: 0, Abstain: 0, Absent: 1, motion carried.

### IV. Public Hearings

A. Millage Rate  
Mayor Ferrigan opened the public hearing at 7:35 P.M.

There being no questions or comments from the public; Mayor Ferrigan closed the public hearing at 7:36 P.M.

### B. 2005-2006 Budget

Mayor Ferrigan opened the public hearing at 7:36 P.M.

There being no questions or comments from the public; Mayor Ferrigan closed the public hearing at 7:37 P.M.

### V. Old Business

#### A. Little League

The City Attorney is working with the Attorney for Little League to come up with an agreement. The Little League's Corporation has expired and they are not currently considered a 501c3 and therefore the City cannot enter into any agreement until this matter has been taken care of. Little League's Attorney is taking care of this matter.

B. Parks & Recreation Committee  
City Council is meeting with the Parks & Recreation Committee on May 18, 2005 at 5:30 P.M. in the City Park, under the pavilion to discuss the expectations of this committee.

C. Cemetery Agreement  
Will be brought back to the May 09, 2005 City Council Meeting.

#### D. City Charter

The City Manager and City Attorney will bring back a recommendation to the City Council.

E. Traffic Signal Electricity 05-074

Moved by McClain, seconded by Akers to direct the City Manager to determine the costs of the traffic signal electricity from the time that the signals were installed and to send MDOT a bill for their portion: Ayes: 4, Nays: 0, Abstain: 0, Absent: 1, motion carried.

### VI. New Business

#### A. Military Museum

Brian Morrison gave a presentation to the City Council to request the use of the old library building for The Michigan Museum of Military Transport Foundation as an incubator location.

#### B. Derwich

Derwich may need additional property and are inquiring about the price per acre for the nine acres adjacent to the property that they currently own. They also intend to apply for a tax abatement on their expansion.

VII. Citizens Who Wish To Speak  
The following individuals expressed their comments/concerns regarding various issues:

Kelly Millikin

Brian Anderson

Doug Meroney

### VIII. Reports

• ZBA

• Planning Commission

• DDA

• Fire Committee

• Bike Path Committee

• City Manager

• Mayor Ferrigan

• Councilperson Moshier

05-075

Moved by Ferrigan, seconded by Moshier to rescind motion #05-060 from March 28, 2005: to amend the 2004-2005 Budget to increase the Income Tax Expenditures by \$300,000: Ayes: 4, Nays: 0, Abstain: 0, Absent: 1, motion carried.

### IX. Budget Work Session

Moved by Moshier, seconded by Ferrigan to amend the 2004-2005 Budget to increase the Water and Sewer Expenditures by \$300,000 for the Southside Improvements: Ayes: 4, Nays: 0, Abstain: 0, Absent: 1, motion carried.

• Mark Hurley - Gosling Czabak

IX. Budget Work Session

There were no recommended changes to the proposed budget. The Council does not need the additional work session on May 16, 2005.

05-077

Moved by Moshier, seconded by Ferrigan to extend the meeting past 9:30 P.M.: Ayes: 4, Nays: 0, Abstain: 0, Absent: 1, motion carried.

### X. Correspondence

A. Revenue / Expenditure Report through March 31, 2005

B. 911 Activity Report for the Month of March 2005

C. Week In Review by Matt Gillard - April 15, 2005

D. Letter from Steve Doyle - Re: Prison Crew - April 13, 2005

E. MML Fax Alert - April 18, 2005

F. Grayling Township Letter - April 14, 2005

G. Letter from City of Charlevoix - April 14, 2005

H. League Legislative Link - April 19, 2005

I. The Agurban E-Zine Issue 21 - April 19, 2005

J. City Manager email - 2005 MML Regional Meetings

K. System Failure: Michigan's Broken Municipal Finance Model

L. Draft Minutes of Parks & Recreation Committee Meeting on April 20, 2005

M. Back to Basics II - Governmental Budgeting

N. League Legislative Link - April 25, 2005

XL Adjournment  
05-078

Moved by Akers that the meeting be adjourned; Mayor Ferrigan adjourned the meeting at 9:37 P.M..

Michele A. Moshier  
City Clerk

Future Agenda Items can be found on our website: [www.cityofgrayling.org](http://www.cityofgrayling.org)

## Notice Of Mortgage Foreclosure Sale

THIS FIRM IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION WE OBTAIN WILL BE USED FOR THAT PURPOSE. PLEASE CONTACT OUR OFFICE AT THE NUMBER BELOW IF YOU ARE IN ACTIVE MILITARY DUTY.

ATTN PURCHASERS: This sale may be rescinded by the foreclosing mortgagee. In that event, your damages, if any, shall be limited solely to the return of the bid amount tendered at sale, plus interest.

**MORTGAGE SALE** - Default has been made in the conditions of a mortgage made by Monte G. Malonen, Jr., a Single Man, original mortgagor(s), to Michigan State Housing Development Authority, Mortgagee, dated August 4, 2000, and recorded on December 5, 2000 in Liber 524 on Page 163, in Crawford county records, Michigan, on which mortgage there is claimed to be due at the date hereof the sum of Eighteen Thousand Nine Hundred Forty-Two And 33/100 Dollars (\$18,942.33), including interest at 6.25% per annum.

Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public vendue, at the Front door of the County building in Grayling at 10:00 AM, on June 15, 2005.

Said premises are situated in Township of Grayling, Crawford County, Michigan, and are described as: Lot 37, Grayling Manor, Township of Grayling, Crawford County, Michigan, according to the Recorded Plat thereof, as Recorded in Liber 2 of Plats, Page 10, Crawford County Records.

The redemption period shall be 6 months from the date of such sale, unless determined abandoned in accordance with MCLA 600.3241a, in which case the redemption period shall be 30 days from the date of such sale.

Dated: May 12, 2005  
For more information, please call:  
FC R 248.593.1305  
Trott & Trott, P.C.

Attorneys For Michigan State Housing Development Authority, a Public body corporate and politic, of the State of Michigan  
30400 Telegraph Rd Ste 200  
Bingham Farms, Michigan 48025-5822  
File #055607F01

-12-19-26-2

## Mortgage Sale

THIS FIRM IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION WE OBTAIN WILL BE USED FOR THAT PURPOSE. PLEASE CONTACT OUR OFFICE AT THE NUMBER BELOW IF YOU ARE IN ACTIVE MILITARY SERVICE.

Default has been made in the conditions of a mortgage. The mortgage was made by Charles D. DeMoines, a single man, and Liberty J. Galvani, a single woman, whose last known address was 810 Plum Street, Grayling, Michigan 49738-1118 to the United States of America, acting through the Rural Housing Service or successor agency, United States Department of Agriculture now known as United States Department of Agriculture Rural Development, dated July 24, 2000 and recorded August 8, 2000 in Crawford County Register of Deeds at Liber 514, pages 173, 174, 175,

176, 177 & 178. A second mortgage was made by Charles D. DeMoines, a single man, and Liberty J. Galvani, a single woman, whose last known address was 810 Plum Street, Grayling, Michigan 49738-1118 to the Michigan Department of Consumer and Industry Services Michigan State Housing Development Authority dated July 24, 2000 and recorded August 8, 2000 in Crawford County Register of Deeds at Liber 514, Pages 179, 180, 181, 182, 183 184 & 185. This mortgage was subordinated to the United States of America's mortgages on April 23, 2002 in a subordination recorded on April 25, 2002 at Liber 579, Page 161 and 162. Michigan State Housing Development Authority foreclosed on its mortgage and the United States of America purchased the property on April 26, 2005 for \$15,397.12. There is claimed to be due to the United States of America as of April 26, 2005 the sum of Seventy-Five Thousand Six Hundred Ninety-three and 96/100 (75,693.96) Dollars including interest at 7.375 per annum. Interest is \$10,529.1 per day.

Under the power of sale contained in said mortgage and the statute in case made and provided, notice is hereby given that said mortgage will be foreclosed by sale of the mortgaged property, or some part thereof, at public venue, at Crawford County Courthouse in Grayling, Michigan at 10:00 A.M. on JUNE 8, 2005.

Said premises are situated in the City of Grayling, Crawford County, Michigan and are described as follows:

Lot 6, Block 17, Roffee's Addition to the Village (Now City) of Grayling, according to the plat thereof, as recorded in Liber 1 of Plats, Page 11, Crawford County Records.

The redemption period shall be six(6) months from the date of such sale unless the property is abandoned, in which case the redemption period shall be thirty (30) days from the date of sale or abandonment, if abandonment occurs after sale.

DATED: May 4, 2005  
David L. Porteous  
Attorney for Mortgagee  
PORTEOUS LAW OFFICE, P.C.  
4393 - 220th Avenue, P.O. Box 206  
Reed City, MI 49677  
TELEPHONE: (231) 832-3231

-12-19-26-2

## NOTICE OF FORECLOSURE

THIS FIRM IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION WE OBTAIN WILL BE USED FOR THAT PURPOSE. IF YOU ARE IN ACTIVE MILITARY SERVICE PLEASE CONTACT OUR OFFICE AT THE NUMBER BELOW.

ATTENTION POTENTIAL PURCHASERS AT FORECLOSURE SALE: Fifth Third Bank f/k/a Old Kent Bank may rescind this sale at any time prior to the end of the redemption period. In that event, your damages, if any, shall be limited to the return of your bid amount tendered at the sale, plus interest.

Default having been made in the conditions of a certain Mortgage made by Robert L. Butler, a single man to Fifth Third Bank f/k/a Old Kent Bank, dated September 30, 1998, and recorded in the Office of the Register of Deeds for the County of Crawford in the State of Michigan on October 7, 1998, in Liber 465, Page(s) 055, et. seq., on which Mortgage there is claimed to be due as of the date of this Notice the sum of \$123,864.96, together with interest at 7.5 percent per annum.

NOW THEREFORE, Notice is hereby given that the power of sale contained in said Mortgage has become operative and that pursuant to that power of sale and MCL 600.3201 et. seq., on May 25, 2005 at 10:00 a.m., at the front door to the County Bldg. in Grayling, MI, that being the place for holding the Circuit Court and/or for conducting such foreclosure sales for the County of Crawford, there will be offered at public sale, the premises, or some part thereof, described in said Mortgage as follows, to-wit:

Land situated in the City of Grayling, Crawford County, State of Michigan described as follows:

Lots 37, 38, 39, 40 and 41, Block 11, of Portage Heights, City of Grayling, Crawford County, Michigan, according to the plat thereof recorded in Liber 01 of Plats, Page 23, Crawford County Records.

The redemption period shall be six (6) months from the date of sale unless the property is abandoned pursuant to MCL 600.3241a, in which case the redemption period shall be thirty (30) days from the date of sale or abandonment, if abandonment occurs after sale.

BRANDT, FISHER, ALWARD & ROY, P.C.

Fifth Third Bank

Mortgage as follows, to-wit:  
Land situated in the Township of Grayling, Crawford County, State of Michigan described as follows:

Lot(s) 25 through 29, inclusive, Block 3, PORTAGE LAKE PARK 5TH ADDITION, according to the plat thereof, as recorded in Liber 1 of Plats, Page 24.

The redemption period shall be six (6) months from the date of sale unless the property is abandoned pursuant to MCL 600.3241a, in which case the redemption period shall be thirty (30) days from the date of sale or abandonment, if abandonment occurs after sale.

BRANDT, FISHER, ALWARD & ROY, P.C.

Fifth Third Bank f/k/a Old Kent Bank

By: H. DOUGLAS SHEPHERD

(P64560)

Attorneys for Mortgagee

1241 E. Eighth Street, P.O. Box 5817

Traverse City, Michigan 49696-5817

(231) 941-9660

Dated: April 13, 2005

W:\Doug\Foreclosures\Fifth Third

Bank\Butler, Robert L\10333

Madison\Notice of Foreclosure.wpd

21-28-5-12-19

## NOTICE OF FORECLOSURE

THIS FIRM IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION WE OBTAIN WILL BE USED FOR THAT PURPOSE. IF YOU ARE IN ACTIVE MILITARY SERVICE PLEASE CONTACT OUR OFFICE AT THE NUMBER BELOW.

ATTENTION POTENTIAL PURCHASERS AT FORECLOSURE SALE: Fifth Third Bank may rescind this sale at any time prior to the end of the redemption period. In that event, your damages, if any, shall be limited to the return of your bid amount tendered at the sale, plus interest.

Default having been made in the conditions of a certain Mortgage made by Robert L. Butler, an individual and a married man and Angela M. Butler, an individual and a married woman, collectively and jointly and severally to Fifth Third Bank, dated February 21, 2003, and recorded in the Office of the Register of Deeds for the County of Crawford in the State of Michigan on February 26, 2005, in Liber 621, Page(s) 385, et. seq., on which Mortgage there is claimed to be due as of the date of this Notice the sum of \$123,864.96, together with interest at 7.5 percent per annum.

NOW THEREFORE, Notice is hereby given that the power of sale contained in said Mortgage has become operative and that pursuant to that power of sale and MCL 600.3201 et. seq., on May 25, 2005 at 10:00 a.m., at the front door to the County Bldg. in Grayling, MI, that being the place for holding the Circuit Court and/or for conducting such foreclosure sales for the County of Crawford, there will be offered at public sale, the premises, or some part thereof, described in said Mortgage as follows, to-wit:

Land situated in the City of Grayling, Crawford County, State of Michigan described as follows:

Lots 37, 38, 39, 40 and 41, Block 11, of Portage Heights, City of Grayling, Crawford County, Michigan, according to the plat thereof recorded in Liber 01 of Plats, Page 23, Crawford County Records.

The redemption period shall be six (6) months from the date of sale unless the property is abandoned pursuant to MCL 600.3241a, in which case the redemption period shall be thirty (30) days from the date of sale or abandonment, if abandonment occurs after sale.

BRANDT, FISHER, ALWARD & ROY, P.C.

Fifth Third Bank

By: H. DOUGLAS SHEPHERD

(P64560)

Attorneys for Mortgagee

1241 E. Eighth Street, P.O. Box 5817

Traverse City, Michigan 49696-5817

(231) 941-9660

Dated: April 13, 2005

W:\Doug\Foreclosures\Fifth Third

Bank\Butler, Robert L\10333

Madison\Notice of Foreclosure.wpd

21-28-5-12-19

## Notice Of Mortgage Foreclosure Sale

THIS FIRM IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION WE OBTAIN WILL BE USED FOR THAT PURPOSE. PLEASE CONTACT OUR OFFICE AT THE NUMBER BELOW IF YOU ARE IN ACTIVE MILITARY DUTY.

ATTN PURCHASERS: This sale may be rescinded by the foreclosing mortgagee. In that event, your damages, if any, shall be limited solely to the return of the bid amount tendered at sale, plus interest.

**MORTGAGE SALE** - Default has been made in the conditions of a mortgage made by Jeffrey Norman Nelson, Jr. and Wendy Marie Nelson, husband and wife, original mortgagor(s), to Ameriquet Mortgage Company, Mortgagee, dated January 10, 2005, and recorded on January 26, 2005 in Liber 673 on Page 536, in Crawford county records, Michigan, and assigned by said Mortgagee to Deutsche Bank National Trust Company, as Trustee of Ameriquet Mortgage Securities, Inc. Asset Backed Pass Through Certificates, Series 2005-R2 Under the Pooling and Servicing Agreement Dated as of March 1, 2005, Without Recourse as assignee by an assignment, on which mortgage there is claimed to be due at the date hereof the sum of One Hundred Thirty-Nine Thousand Three Hundred Thirty-Six And 63/100 Dollars (\$139,336.63), including interest at 8.15% per annum.

Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at public vendue, at the Front door of the County building in Grayling at 10:00 AM, on June 29, 2005.

Said premises are situated in Township of South Branch, Crawford County, Michigan, and are described as: Being a part of the Southeast 1/4 of the Southeast 1/4, Section 28, Town 25 North, Range 2 West, described as: Commencing at the Southeast corner of said Section 28 and running thence North 619.3 feet to the Point of Beginning, thence North 89 degrees 18 minutes West 711.66 feet; thence North 0 degrees 03 minutes East 178.0 feet; thence South 89 degrees 18 minutes East 711.51 feet; thence South 178.00 feet to the Point of Beginning.

The redemption period shall be 6 months from the date of such sale, unless determined abandoned in accordance with MCLA 600.3241a, in which case the redemption period shall be 30 days from the date of such sale.

Dated: May 26, 2005  
For more information, please call:  
FC H 248.593.1300  
Trott & Trott, P.C.

Attorneys For Deutsche Bank National Trust Company, as Trustee of Ameriquet Mortgage Securities, Inc. Asset Backed Pass Through Certificates, Series 2005-R2 Under the Pooling and Servicing Agreement Dated as of March 1, 2005, Without Recourse  
30400 Telegraph Rd Ste 200  
Bingham Farms, Michigan 48025-5822  
File #055613F01

-19-26-2-9

## LYON TOWNSHIP, ROSCOMMON COUNTY NOTICE OF PUBLIC HEARING CAMP CURNALIA SEWER SYSTEM

Notice is hereby given that Lyon Township will hold a public hearing on the proposed Camp Curnalia State Revolving Fund Project Plan for the purpose of receiving comments from interested persons. The hearing will be held at 7 p.m. on Wednesday, June 15, 2005 at the following location: Lyon Township Hall, 7851 W. Higgins Lake Drive, Roscommon, MI 48653. The purpose of the proposed project is to construct a new sanitary sewer collection system and wastewater treatment facility to serve the Camp Curnalia (American Legion) area located in Lyon and Beaver Creek Townships.

Impacts of the projects will include temporary noise and dust associated with construction projects. The improvements should not cause measurable long term detrimental impacts on the local air and water quality, soils, agricultural properties on environmentally sensitive areas.

Estimated typical user costs associated with the project will be discussed at the public hearing and are included with the draft Project Plan.

Copies of the draft Project Plan detailing the proposed project will be available for public inspection during regular business hours beginning on May 16, 2005 at the following locations: Lyon Township Hall, 7851 W. Higgins Lake Drive, Roscommon, MI 48653 and Beaver Creek Township Hall, 8888 S. Grayling Road, Grayling, MI 49738. Written comments received through June 16, 2005, will be entered into the public hearing record and should be sent to Lyon Township, 7851 W. Higgins Lake Drive, P.O. Box 48, Higgins Lake, MI 48627.

# PUBLIC NOTICE



# FEATURES

## A Look At Our Past FROM THE PAGES OF THE AVALANCHE

23 Years Ago  
May 20, 1982

Marge Oliver, President of Mercy Hospital Auxiliary, presents Sister Mary Hilda, R.S.M. President and Chief Executive Officer of Mercy Hospital, with a check for \$9,882. It is the final payment of a \$50,000 pledge made in 1978 toward an expansion project.

One of the deepest holes in the state drilled 300 yards from the new Weyerhaeuser plant is looking for gas deposits around 11,000 feet below the surface. C. John Miller, of Miller Brothers, the company drilling, said they could find something within a week.

Ed Rutkowski will be stepping down from his county position of Zoning Director and Building Inspector as of July 3, 1982. He handed in his resignation to the County Board of Commissioners at their meeting on May 11. Rutkowski, who took over the position Feb. 1, 1979, said it was time for him and his wife to do some traveling and leisurely living.

Munson Medical Center has established hearing services in Grayling. In order to assist the Grayling - Houghton Lake - Gaylord area in the provision of cost-effective diagnostic hearing services, a clinic has been made available to area residents at the Family Practice Clinic in Grayling.

Dedication ceremonies of the

new \$920,000 armory at Camp Grayling will be held on May 21. Construction of the armory began on April 6, 1981, and was finished on May 1, 1982. The 25,000 square foot masonry building will serve as the home of the Grayling units of the Michigan National Guard. The total cost of \$919,918 was paid 75 percent by the federal government and 25 percent by the state.

Bess Feldhauser turned last Saturday into a double holiday - she celebrated her 63rd birthday and retired after 35 years with the Grayling A & P. Feldhauser a graduate of Frederic High School, plans to spend more time at her farm home in Maple Forest. The 110-acre farm was owned by her parents Edward and Delia Feldhauser, now deceased.

46 Years Ago  
May 21, 1959

Kenny Roberts, television and recording star drew large crowds for both his afternoon and evening shows at the Grayling Legion Hall on May 2.

A new building to replace the recently demolished James Olson building at the corner of Cedar and Michigan will be started immediately, James W. Olson of Clare announced early this week on a trip to Grayling. The new building will be 40 by 90 feet and of block construction. It will be faced with brick on both the Michigan and Cedar street sides. It will for the present be one story high but foundations are being

laid of sufficient strength to add a second story at a later date.

69 Years Ago  
May 21, 1936

Since Chris Olsen's drug store burned last February, Mr. Olsen has been out of business, but he opened a new place last Saturday. This is located in the building belonging to H. Petersen that was once occupied by the A & P store, two doors east of the post office. The interior is newly decorated; new battleship linoleum covers the entire floor; there are new wall and floor show cases; a fine new soda fountain, new tables and booths, and everything is slick, clean and inviting.

Two set backs and one win were in order for Coach Cornell's men in the three games they played the past week. Friday afternoon the Mancelona Nine was turned back by the Northern Lights, 6-5. Coach Makel's Gaylord squad slapped out a 21-6 victory Monday, and in the final home game of the season Kalkaska pounded the offerings of B. Hanson and Tibbets for a 16-8 win.

Dr. Stanley A. Stealy is negotiating for the purchase of the old bank building from the Bay Trust Co., and planning to open offices there in the near future.

A business change last week saw our local bakery sold by Peter Lovely to Mr. Charles V. Melichar of Traverse City. Mr. Lovely purchased the business from A.R. Craig rather than to see the place become closed. Since that time it was operated by his nephew, Floyd Lovely, and got

along very nicely. But it was Mr. Lovely's desire that the business soon be taken over by a baker of experience and ability. Mr. Melichar has operated a bakery in Traverse City for 27 years, starting in to learn the business whole as a small boy in school.

92 Years Ago  
May 22, 1913

Seventy Grayling fans witnessed the first out-of-town game on Sunday, and saw Grayling go down to defeat Manistee of that city. Bating for Grayling was Ed Killian of Detroit.

Work has begun at the Military camp site, with engineers from the war department and members of the military board in camp at Portage Lake. The first detachment of National Guards arrived Tuesday from Calumet.

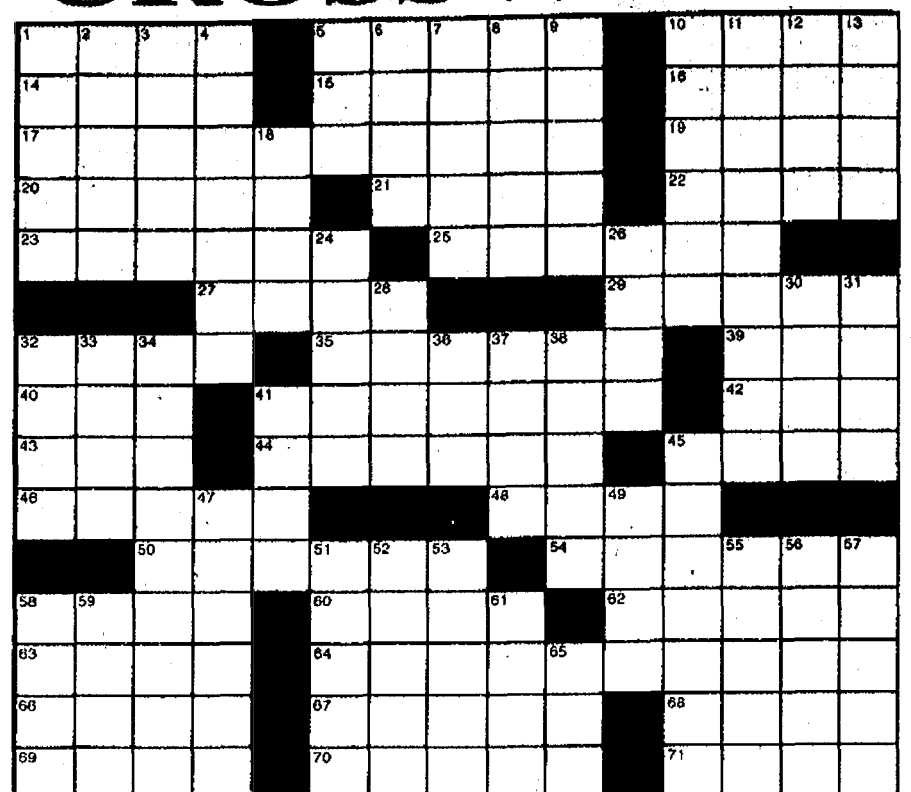
N.P. Olson has opened a livery and feed stable at the old Langevin stand.

D.E. Crowley and Samuel Pepper of the Attorney General's office at Lansing were in the city Tuesday and yesterday for the purpose of looking up the land titles on the property that has been given to the State of Michigan by Mr. Rasmus Hanson, for a permanent National Guard Site.

James Forman has purchased a fine 20 foot launch for Portage Lake. It made its initial dip last Monday.

Miss Anna Beck, who came to this country from Denmark with Mr. and Mrs. Christian Hanson about 9 years ago, left for her native land last Monday for a visit with her parents.

## CROSSWORD



### ACROSS

1. Upper Indus Valley language group.
5. Massive unstable meons.
10. The \_ by Peter Lloyd.
14. \_ vera, burn treatment.
15. The \_ Maker by Mary Austin.
16. Reginald \_ stage producer and director.
17. 1949 Tony award-winning musical.
18. South American wood sorrels.
20. Japanese style of animation.
21. Scythe handle.
22. \_ Minor, the Little Bear.
23. Become entitled to again.
25. Musical set at Rydell High.
27. Female serf.
29. Smallest in degree.
32. Porgy and \_ by George Gershwin.
35. Maria \_ U.S. opera singer.
39. A Phoenix \_ Frequent by Christopher Fry.
40. French for "water."
41. Musical of Roxie Hart.
42. Native form of a metal.
43. Cause of Cleopatra's death.
44. Supply with air.
45. Intense rages.
46. Balk.
48. Voiced velar nasal consonant symbols.
50. The Old \_ by William Hodge.
54. The von \_ of The Sound of Music.
58. Vertical spar.
60. Ben \_ Reverend A. Simpson in Tommy.
62. Play It \_ Sam by Woody Allen.
63. \_ Matrimony by Percy MacKaye.
64. 1964 Tony award-winning musical.
66. Snarl; growl.
67. Of the number eight.
68. Part-song for male voices.
69. Dried and withered.
70. Destroy completely.
71. Unfledged birds.

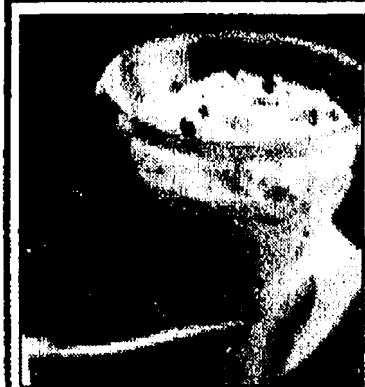
### DOWN

1. Senegal capital.
2. \_ Erlanger, co-author of The Manchatters.
3. \_ O'Donnell, played Rizzo in

4. Aquatic mammals related to shrews.
5. Small, graceful birds allied to crows.
6. Places of refuge.
7. Long-armed anthropoid ape.
8. Individual who takes notice.
9. Nationality of playwright August Strindberg.
10. Relationship of Willy to Linda in Death of a Salesman.
11. Individual who helps create a work.
12. Expression of sorrow.
13. Flat-topped land formation.
18. \_ Mortals by David Ives.
24. Ornamental recess in a wall.
26. She \_ Wrote Plays by Susan Croft.
28. My \_ Lady by George Bernard Shaw.
30. Painful.
31. On Your \_ composed by Richard Rodgers.
32. The \_ Libretto by Anton Chekhov.
33. At \_ in a Bright Red Tie by John Whiting.
34. Jesus Christ \_ by Andrew Lloyd Webber.
36. Abbreviation for lowercase alphabet.
37. \_ Love by Rosemary Casey.
38. Actor's rep.
41. 1983 Tony award-winning musical.
45. Introduction.
47. Work using irony to expose human follies.
49. Pator \_ stage producer.
51. Rare Bermuda petrel.
52. Betel palm.
53. Plays with lots of rhythm.
55. Friendly.
56. Tops of birds' heads.
57. Backwaters.
58. Slang for periodicals.
59. The Diary of \_ Frank by Albert Hackett and Frances Goodrich.
61. Long, narrow wooden strip.
65. The Better \_ by Bruce Baimslather and Arthur Eliot.

## ANSWERS IN THE CLASSIFIEDS

## RECIPE OF THE WEEK



### Strawberry Fruit Dip

1 container (8 oz.) Strawberry  
Light Cream Cheese Spread

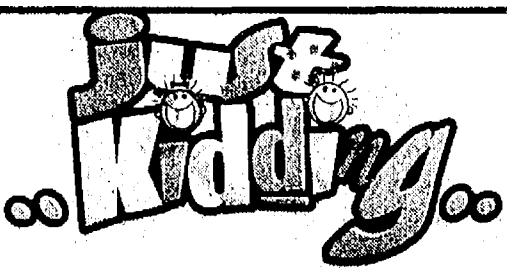
1/4 tsp. grated lemon peel

2 tsp. lemon juice

1/2 cup chopped strawberries

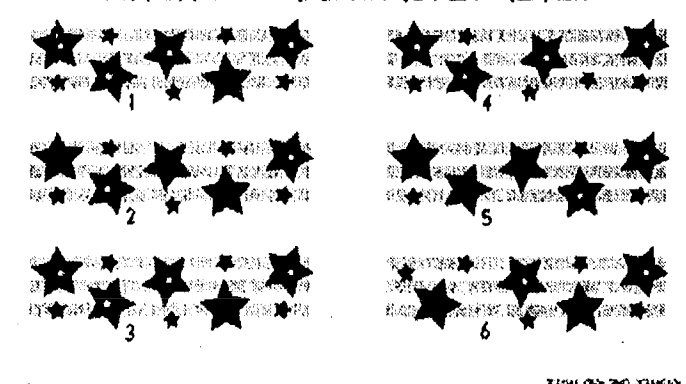
COMBINE cream cheese spread and strawberries in medium bowl. ADD grated lemon peel and lemon juice; mix well. Cover.

Refrigerate at least 1 hour to allow flavors to blend. SERVE with assorted fresh fruit dippers.



## FIND THE TWINS

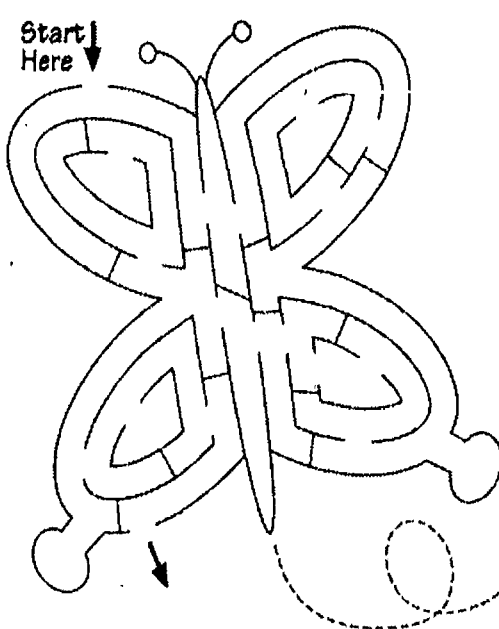
WHICH TWO ARE EXACTLY ALIKE?



## DID YOU KNOW ??

During the chariot scene in "Ben Hur" a small red car can be seen in the distance.

## MAZE



## ADOPT A PET



Top: This smiling guy is Grizz. He is a Collier Chow mix (we believe) who is, at the most, a year old, and neutered. He is very friendly, loves kids and women, but is a bit timid around men. We're working on that! He is also good with other dogs and does not appear to mind having cats around. If you would like to give Grizz a loving home, stop by the shelter and meet him today!

Bottom: Kiki is a loveable female Blue Cream Calico, about 7 months old, and a real sweetie. If you are interested in meeting her or one of our many other beautiful cats currently waiting for a new, loving home, please stop by the shelter today.

For information on any of our pets that are up for adoption, please visit our website at: [www.wasce.petfinder.com](http://www.wasce.petfinder.com)

Animal Shelter has received a grant for low cost spaying and neutering. Anyone who can not afford to spay or neuter their pet is urged to call Janet Andrews at Northern Tails Grooming 989-344-9999.

Dog Opoly and other games (\$25) are on sale at The Copy Shop. All proceeds to the shelter.

Help build a new shelter. Buy a "Driving Into the Future" raffle ticket for a chance to win a 2005 Dodge Durango! Tickets are \$100 each; only 2,000 will be sold. Send check or money order for amount of tickets requested to: Animal Shelter of Crawford County, P.O. Box 384, Grayling, MI 49738. Tickets also sold at the Avalanche, Riverland Gear, The Medicine Shoppe, Chemical Bank, The Copy Shop, 7-11, Scheer Motors, Chamber of Commerce and the shelter.

The Animal Shelter of Crawford County is located at:  
508 1/2 Huron Street (M-72 East) in Grayling  
Hours: Mon. - Sat. 9 a.m. - 1 p.m.; Sun. and Holidays 8 a.m. - 11 a.m.  
After hour appointments available. Call (989) 348-4117

## WEATHER

Courtesy of the City of Grayling

Last Week				Extended Forecast (Courtesy of the Weather.com)					
Date	H	L	Rain	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
5/11	72	44	0	High 71	High 70	High 70	High 71	High 69	High 63
5/12	53	28	0	Low 36	Low 43	Low 45	Low 44	Low 41	Low 42
5/13	52	28	0						
5/14	48	38	0.36						
5/15	54	39	0.17						
5/16	46	34	0.02						
5/17	52	26	0						

AM Showers   Few Showers   Partly Cloudy   Partly Cloudy   Scattered T-Storms   Showers

## HOROSCOPES

For the Week of May 19, 2005

**CAPRICORN**  
December 22-January 19  
Friends cancel plans. Take advantage of the opportunity to get a jump-start on a home improvement project. An objective at work is reevaluated.

**ARIES**  
March 21-April 19  
Your head is on the chopping block for forgetting a special occasion. Make up for what you've done with something splashy and don't dare let it happen again.

**CANCER**  
June 22-July 22  
The time is right for you, Cancer, to make your financial dreams a reality. Set up an appointment with a financial advisor and start making long-term plans.

**LIBRA**  
September 23-October 22  
An argument between friends gets ugly. Stay out of it and let nature take its course. Exercise becomes a priority to combat stress.

**AQUARIUS**  
January 20-February 18  
Don't blow a friend's racy behavior out of proportion. After all, Aquarius, it's part of their charm. Accept them for who they are and be grateful they're always there for you.

**Taurus**  
April 20-May 20  
The art of compromise evades you this week and you have to learn everything the hard way. Don't be too hard on yourself. You're only human.

**LEO**  
July 23-August 22  
A neighbor lets a secret slip. Keep their confidence at all costs, Leo. You don't want what they have said to get out. An e-mail points to a solution.

**SCORPIO**  
October 23-November 21  
Don't be surprised if you have to make several allowances this week. An heirloom inspires you to reconnect with an old friend.

**PISCES**  
February 19-March 20  
A development at home sends you into a tallsip. Climb out of your pit of despair with a road trip. Pick up a few friends and head someplace fun.

**GEMINI**  
May 21-June 21  
The time has come for you, Gemini, to stop playing dodge ball with a friend. Confront what has happened and deal with it. A romance blossoms.

**VIRGO**  
August 23-September 22  
Your penchant for organization is a plus, as you're asked to take on a very important project at the office. Concentrate on the details and leave nothing undone.

**SAGITTARIUS**  
November 22-December 21  
Romance moves front and center. Pleasant surprises are in store. A relative shares fantastic news. Have them over to celebrate.



# ADVERTISING CLASSIFIED

Classifieds must be paid for in advance

Display Advertising Rate - \$6.90 per column inch

Deadline for Display Classifieds - 12 noon, Monday

Classifieds by the word rate - \$5.00 for 15 words or

less, 10¢ per each additional word; includes Internet listing:

www.townnews.com/avalanche/

Classified by the word deadline - 12 noon, Tuesday

## Crawford County Avalanche

**1. Real Estate**  
**MUST SEE, NEWLY RENO-**  
VATED mobile home for sale by  
owner. For details/appointment  
call 989-344-2841. (-12-19-26-  
2/1)

**1. Real Estate**  
**GRAYLING SURVEYED 2.5**  
ACRES Rolling valley, great  
view, near AuSable main stream,  
state land, \$17,900 by owner.  
989-348-7355 (3/17/05tf/1)

**1. Real Estate**  
**LOOKING FOR RENTAL** or  
L/C in Lovells, Grayling, 989  
area. Have down payment, call  
989-858-6542. (-12-19-26/1)

**1. Real Estate**  
**DAWN BUYS HOMES**  
Foreclosure, divorce, job trans-  
fer? No problem, don't ruin your  
credit. Call 231-564-0226. dawn-  
md@localnet.com. (-19-26-2-  
16/1)

**1. Real Estate**  
**FULL OF POTENTIAL** This  
large home is the ideal corporate  
retreat or residence for those  
seeking space. This 6 bedroom, 4  
bath home is nestled in 20 acres  
of beautiful hardwoods. With  
some finishing touches you could  
own this one of a kind. Priced  
below value, \$299,000. MLS#  
235554. Call Coldwell Banker  
Cornell Realty at 989-348-6481.  
(-19/1)

**1. Real Estate**  
**LOVELY THREE BEDROOM**  
HOME that has been totally  
remodeled. Home features large  
master suite with vaulted ceil-  
ings, tongue and groove, hard-  
wood floors, maple cabinets,  
huge perennial gardens and 28 X  
38 garage. What a great value!  
\$122,900. MLS# 235736. Call  
Coldwell Banker Cornell Realty  
at 989-348-6481. (-19/1)

**1. Real Estate**  
**Debbie**  
Office:  
(989) 348-7440  
Toll Free:  
800-731-4002  
Cell Phone:  
(989) 390-0793  
www.remax-grayling-mi.com  
Email: DebSellsForU@aol.com

**1. Real Estate**  
**PERFECT RECREATIONAL RETREAT**  
or 3 bedroom residential home. New vinyl  
siding, new windows, and central air. Roof is  
only 5 years old, plus a fairly newer furnace  
in the basement. Put your extras in the  
30'x40' POLE BARN. Attached garage with  
woodstove. All appliances including central  
air conditioning. Within walking distance to  
the West Branch of Big Creek. \$116,900  
DBB-2117

**1. Real Estate**  
**FRAME BUILT 3 bedroom/2 bath**  
RANCH HOME IN SHERWOOD  
FOREST, with numerous extras!  
Central Air, 24x24 Auxiliary  
Garage; Pergo flooring; ceramic  
kitchen and bath; underground  
sprinklers; landscaped; 2 decks; hot  
tub, and so much more.  
\$144,900.00. DBB-2126

**1. Real Estate**  
**Century 21**  
RIVER COUNTRY REAL ESTATE  
Deeded Access to Bear Lake. This 2 bed-  
room, cabin comes completely furnished.  
Sitting on 2 and a half lots with beautiful  
mature pines and hardwoods. With just a  
little TLC this place could be your perfect  
up north get a way. #5493 \$49,900  
877-763-1478  
www.century21grayling.com  
5688 M-72 West  
Grayling, MI 49738  
Each Office is independently owned and operated  
vicki@12k.com  
Vicki Harrington  
Commercial  
& Residential

**1. Real Estate**  
**Outstanding Location!** High visibility  
and exposure. 2 Acre lots starting at  
\$27,500.00 located on M-72 West, just  
before CO HWY 612. Zoned  
Commercial, ready for you to build  
your business, whatever it maybe.  
Check it out. #5451-5458

**1. Real Estate**  
**MORTGAGES**  
**ASSURAFIRST**  
FINANCIAL  
"A Homebased Mortgage Company"  
For The Assurance  
You Need, Think  
AssuraFirst Financial!  
Jeremy Bowers  
(989) 348-4635  
Jeanne Lee  
(800) 794-3440  
1111 E. 8th Street  
Traverse City  
Loan approval is subject to our credit and policy requirements.

**RE/MAX**  
of Grayling  
5728 M-72 West  
EACH OFFICE INDEPENDENTLY  
OWNED & OPERATED  
CHARLENE SCHEER  
Broker / Owner  
Limited Real Estate Appraiser  
CRB, GRI, CRS, ABR  
CRAIG HINKLE  
Broker/Owner  
State Licensed Appraiser

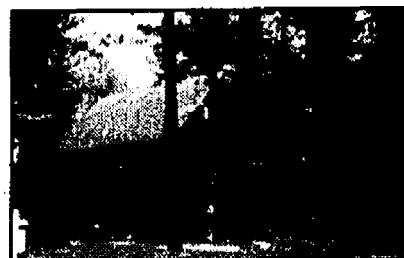
## Another Happy Ending



**NEW LISTING**  
**THE PERFECT FIRST INVESTMENT** This 3  
Bedroom, 1 bath offers 1700 square feet with  
new renovations. New cedar siding, new  
Berber carpet, new windows, new wiring, insu-  
lation and drywall. New dishwasher plumbed  
but not hooked up. New Corian counter tops  
and sink. New cherry kitchen cabinets. Newer  
furnace. Electric fireplace in living room.  
Immediate occupancy. CS-2114 \$79,500



**SNOWMOBILING & HUNTING!** Home with 1100  
square feet. New Berber carpet downstairs. New  
vinyl siding, windows, and floors in kitchen and  
bath also new roof on house. Kitchen offers oak  
cabinets, lazy susan and walk in pantry and stain-  
less steel sink. Comes with all appliances. 160  
acres of state land across the road. Close to  
snowmobile trails. Zoned CSC (Community  
Services Commercial District) for retail trade use.  
CS-2034 \$59,900



**LAKE MARGRETHE HARBOR BEACH WITH DEEDED CANAL FRONTAGE AND**  
PRIVATE SHARED SANDY BEACH Well built 3 story chalet offers 2 separate levels  
that have kitchens, bath, living room and bedrooms. Perfect for entertaining. Beamed  
ceilings with pickled white wash. Ceramic tile in baths, black top circle driveway. All  
appliances included. Extensive cedar decking. Mature red and white pines on the property.  
Property adjoins Bucktail park. Private boat slip #7 with dock. Picnic area with  
volleyball court and basketball. Private road. CS-2047 \$185,000



**EXCEPTIONALLY BUILT HOME SITS ON BECLUDED**  
10 ACRES SURROUNDED BY STATE LAND 2303 sq.  
ft. Ranch 3 bedroom, 2 bath, large great room island  
kitchen. Great view from deck with hot tub.  
Landscaped with electrical, lighting, water and pool area.  
Lots of storage inside and out, especially with 3 car  
attached garage. Access to 175, hunting, and snowmo-  
bile trails. Plenty more, it's a must see to appreciate the  
North Country at it's finest! Heavily wooded and an  
additional 10 acres for \$30,000. CS-2031 \$255,000

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Every year.

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RE/MAX agents average  
more experience and more  
sales than other agents. So  
they know a thing or two  
about bringing buyers and  
sellers together.

If your next chapter  
involves a change of  
address, look to the agents  
who specialize in happy  
endings.

Look to RE/MAX.



**NEW LISTING**  
**"GOLD MEDALION"** Home Built to Consumers  
Power Spec's for Electric Heat. Completely  
remodeled 980 s.f., 3 B/R, 1 bath home. Full  
finished basement plumbed for 2nd bath. Updated  
roof, windows, Pergo flooring, and carpeting.  
24x44 garage and 12x20 shed. Covered porch,  
deck and patio. Only minutes from town. \$99,500.  
CH-2119



**NEW LISTING**  
**20 ACRES OF ROLLING TERRAIN ADJACENT**  
TO AUSALE STATE FOREST "Property can  
be split. Home w/ square 10 acres for \$159,500  
then vacant 10 acres for \$27,500. Beautiful hill-  
side setting makes perfect spot for this Up North  
"A" frame, 2,162 s.f., 4BR, 2 baths, two-story fire-  
place, hot tub on deck, and balcony. 24x40  
garage with work shop, plus hobby room on back  
of garage, and a 24x32 pole barn. \$187,000  
CH-2120



**NEW LISTING**  
**CLOSE TO LAKE MARGRETHE ACCESS!**  
Beautiful hardwoods and adjacent to state land.  
Neat and clean home and property. 1,328 s.f.,  
3BR home with 16x20 rear addition living room  
and remodeled kitchen and bath. Wood floors,  
vinyls on walls, built in bookshelves, woodstove  
w/brick hearth, sliding door wall onto rear patio.  
All appliances including washer and dryer stay  
with home. \$97,000 CH-2121



**NEW LISTING**  
**LOCATED IN A NEWER UPSCALE SUBDIVISION**  
2,196 sq.ft. custom built home. 3BR, 2 full baths,  
master bedroom suite with walk in closet. Yellow pine  
T&O flooring, walls & ceilings. Custom hand-made  
interior doors, quality rustic kitchen cabinets with  
stainless steel appliances & a bay window in dining  
room. Open log staircase, upper loft family room with  
two dormers. All porches & decks built with Trex  
Symmetric Decking. 8x40 covered porch with finished  
garage and concrete driveway. Front yard has been  
seeded. \$229,900 CH-2116



**NEW LISTING**  
**Spotless 2 bedroom home with 24 x 30 garage**  
includes: range, refrigerator, washer, dryer,  
beds, dining room table & chairs, and couch.  
Other features include covered porch, vanity  
in master bedroom and is located close to lake  
Margrethe, town, snowmobile trails and the  
AuSable River. \$23,000 #5508



**REDUCED**  
**Rent a Truck and start moving!** This 3  
bedroom, 1 bath home with stove,  
refrigerator, washer, dryer, large back-  
yard and a one car garage, it certainly  
beats renting. You better call now  
because it's priced at only \$55,900. #5364



**REDUCED**  
**Secluded country setting for this 2 bed-**  
room, 1 bath chalet nestled on 10 acres ad-  
jacent to thousands of acres of state land.  
Home features vaulted ceilings, front deck  
and a stunning all knotty pine interior.  
Truly a gem in the woods you must see!  
#5327 \$93,000



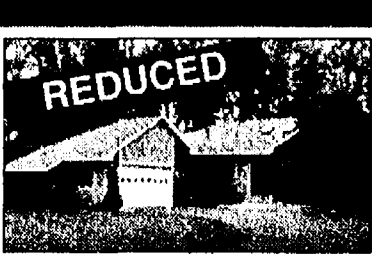
**NEW LISTING**  
**Very clean & well maintained 2 bedroom,**  
1 bath home in Mio. This home is on a large  
corner lot, featuring a beautiful fireplace,  
large rooms and has many updates. Near  
State Land & Main Stream AuSable River  
only 3/4 mile away. #5485 \$67,500



**Lake & Snowmobile Enthusiasts...** will  
love this location near Lake Margrethe  
w/trails on the state land that abuts this  
property! Very nice home w/updates to  
numerous to list. 3 possibly 5 bedrooms,  
open living room/kitchen/dining area plus  
family room. #5429 \$127,500



**Exceptional 1,760 sq. ft. home on 4+ acres**  
is definitely worth taking a look at! The  
kitchen is right out of a magazine. 32x40  
garage. Don't forget about the full base-  
ment! Second story can be finished for  
additional living space. \$175,000 #5449



**REDUCED**  
**This stunning home on the 9th fairway of**  
Fox Run golf course features four bedrooms  
and two and one-half bathrooms. The kitchen  
is magnificent with built in appliances and  
custom cupboards. There is a fireplace, sky  
lights and a central vacuum system. #5363  
\$275,000



**80 acres with the Huron National Forest**  
on 3 sides. Perfect for that hunt camp or  
secluded get away. 32x24 cabin has Lp  
lights, wood burner, knotty pine walls  
and more. Hand pump well and bath with  
a path complete the package. #5417  
\$179,000



**HIGH TRAFFIC INTERSECTION**  
I-75 Business Loop M-72 & Old 27 14,000 Sq. ft. lot  
Zoned C-3 Commercial Asking \$84,900  
989-348-5474

www.century21grayling.com

989-348-5474  
877-763-1478

5688 West M-72  
Grayling, Michigan 49738



Randy Thompson  
Broker / Owner



Connie Whane  
Associate Broker



Casey Thompson  
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BRI Borchers  
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Kristie Swearing  
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Larry Osseil  
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Scott Hanson  
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Vicki Harrington  
Sales Agent



Sheryl Harbort  
Sales Agent

Century 21 Mortgage 1-888-324-6568

(989) 348-7440 You're #1 with us 800-731-4002  
See us on the internet www.remax-grayling-mi.com  
Office Hours: Mon. - Fri. 8 a.m. to 5 p.m. Sat. 9 a.m. to 5 p.m.; Sunday 10-2 p.m.



**MANY NORTHERN MICHIGAN** Properties www.century21grayling.com (1/7/99t/1)

**FOR SALE BY OWNER**- Great family home, 3-4 bedroom, 2.5 bath, 1900 sq., ranch with unique floor plan, 2.5 car attached garage, large deck & fireplace on 1 acre. New windows & roofing + 2 story storage barn. Located 2 miles from Higgins Lake and near state land. We have lived here 20 years, with kids gone it's time to downsize. \$139,900. 989-275-4126 or 989-821-0376. (-19-26/1)

**THIS IS A GREAT** 3 bedroom, 2 bath home with a loft for a possible 4th bedroom. Large garage with workshop on 2 nice lots. Perfect for the growing family, \$127,900. MLS# 238441. Call Coldwell Banker Cornell Realty at 989-348-6481. (-19/1)

**GREAT LOCATION** and within walking distance of Lake Margrethe, \$83,000. MLS# 231561. Call Coldwell Banker Cornell Realty at 989-348-6481. (-19/1)

**3 BEDROOM, 1 BATH** home is completely remodeled with a beautiful rustic look. Bordered by state land on one side with the North Branch of the Boardman River running beside home. Home warranty included, \$99,900. MLS# 238445. Call Coldwell Banker Cornell Realty at 989-348-6481. (-19/1)

**WEEKLY AND MONTHLY** house and cottage rentals near Roscommon, Grayling, on Higgins Lake and on Houghton Lake. Higgins North Vacation Rentals. (989) 821-3434 (12/25/03t/2)

**TWO BEDROOM MOBILE** for rent. \$400 and up. 989-348-5278. References, some pet restrictions. Seniors welcome. (-12/02/04t/2)

**VIKING VILLAGE APARTMENTS** are now taking applications for upcoming availability. Very nice two bedroom, two bath apartments approximately one mile west of Grayling off M-72. Units include central air conditioning, attached garage, paved lighted streets and driveways, stove, refrigerator, dishwasher, washer and dryer. Lawn care, snow removal, and garbage pickup included in annual lease. Contact Herb Olson, at 989-348-9456, for more information. (4/7/05t/2)

**2 BEDROOM APARTMENT** downtown Grayling. No pets, \$450 per month, security and first month required. One year lease, reference check. Please call 989-348-2833. (4/7/05t/2)

**FURNISHED MOBILE, QUIET LAKE**, no pets, \$450/month, \$450 security deposit, plus utilities. 231-258-4508 (-19/2)

**WEEKLY RENTAL**, fully furnished, \$99 per week. Econo Lodge, Grayling 344-9000. (-5-12-19-26-2-9-16-23-30/2)

**CLEAN TWO BEDROOM MOBILE** with storage shed, close to town, \$425/month. Security deposit & references required, no pets. 348-8386 (-5-12-19-26/2)

**RIVERVIEW SENIOR APARTMENTS** at 306 Knight Street is updating the waiting list for one and two bedroom units. Persons must be 62 years of age or older or handicap and/or disabled of any age. Rent is based on income with limited rent subsidy. Barrier free unit in building. Applications on site or call Linda at 1-800-225-7982. Managed by Stratford Group Ltd., 442 W. Baldwin, Alpena, MI 49707. Equal Housing Opportunity. Hearing TDD #1-800-855-1155. (-12-19/2)

**VACATION CABIN** on the AuSable; nightly or weekly. Call 989-348-8350. (5/9/05t/2)

**NICE CLEAN ONE BEDROOM** duplex, natural gas, lawn care, non-smoking, \$360. Rental and employment references, 310B Rolla. Phone: 348-2178. (5/12/05t/2)

**NICE, PRIVATE, QUIET, FURNISHED** room for rent in my Grayling country house. Only \$220, 348-7506. (-19/2)

**ONE BEDROOM CARPETED** furnished apartment. \$395 monthly, includes utilities. Carpeted rooms with kitchen, \$72 weekly. Spruce Motor Lodge, downtown Roscommon. 989-275-5781. (-12-19-26-2-9/2)

**TWO BEDROOM APARTMENT**, \$450 per month plus deposit and utilities. Includes lawn maintenance and garbage pickup. Located at 911 Elm St., Grayling. Call Northwood Rentals 344-8787. (-12-19/2)

**ONE BEDROOM DUPLEX APARTMENT**, \$425 per month plus deposit. Includes all utilities. Located in Grayling Mobile Estates. Call Northwood Rentals 344-8787. (-12-19/2)

**NICE CLEAN TWO BEDROOM** mobile with washer/dryer and appliances, no pets. 348-2418. (-12-19/2)

**ONE BEDROOM WALK UP**, appliances & utilities furnished. \$550 per month, phone 348-8066. (-19-26-2/2)

### 3. Employment

**MANAGEMENT, LOCAL PROPANE COMPANY** looking for branch manager for established operation in Northern Michigan. Must have experience with CDL and HAZ-MAT. Responsibilities include managing all aspects of the branch operation. Excellent salary with company truck, 401K with company match, Blue Cross & Blue Shield and many other benefits available. Candidates with strong leadership skills should respond to P.O. Box 490, Grayling, MI 49738, Attn: PDD. Your response is 100% confidential & no inquiries will be made to current employers. (-5-12-19-26/3)

**HOMETOWN HEATING & COOLING** has an opening for a maintenance agreement salesperson. This job involves contacting potential/existing customers, via telephone, regarding our safety inspection maintenance agreement. A database list will be provided with contract information. Work flexible hours, while earning minimum wage plus a commission for each signed contract. Must have excellent phone skills, experience a plus. All interested applicants please mail a resume Attn: Melissa to 6840 W. M-72, or stop by and fill out an application. (-12-19/3)

**PART TIME HELP NEEDED** 2 days per week. Apply at Grayling Laundromat. (-19/3)

**SUMMER HELP NEEDED** Cashier for Evergreen Party Store. 989-821-5425 (-12-19/3)

**KING NURSING & REHABILITATION** Community is taking applications for part-time cook/dietary aide position. Come work for the friendliest people around, our residents. Apply at 2280 Tower Hill Rd., or call Lois at 422-5153, or fax resume to 422-6721. (-12-19/3)

**KING NURSING & REHABILITATION** Community has part-time positions available for Registered Nurses. Also taking applications for Certified Nurses Aides. Apply to 2280 Tower Hill Rd., or call Karen at 422-5153 or fax resume to 422-6721. (-12-19/3)

**CERTIFIED TECHNICIAN**- We have one position open for a good, certified technician at J.J.'s Motor Mall. Willing to work? Great opportunity for the right person. Apply in person only. J.J.'s Motor Mall. (5/12/05t/3)

**LITTLE CAESARS OF GRAYLING** is now hiring an evening assistant manager. Please apply in person. (-12-19/3)

**SERVICEMASTER CLEAN** is now hiring in the Grayling area, industrial & janitorial positions available. Full & part-time hours. Fax resume to 989-358-9347 or call 1-800-894-8113 or send resume to P.O. Box 893, Alpena, MI 49707. (-12-19-26/3)

**HIRING SEASONAL MAINTENANCE & repair workers** for large horse farm in Grayling area. Call 989-233-0736 or 989-348-2346. (-19-26/3)

**CLASS A TRUCK DRIVERS** for route deliveries. Apply in person at Artic Glacier, 427 S. I-75 Business Loop, Grayling. (-19-26/3)

**DIRECTOR OR TUTORING** and student success: Kirtland Community College in Roscommon, Michigan is seeking qualified candidates to direct the college's tutoring and supplemental instructional programs and serve as coordinator for student success. For a complete position description, salary, and application information, visit our website at www.kirtland.edu/hr/jobs or call 989-275-5000, ext. 239 to have a posting mailed to you. Application deadline is June 3, 2005. Equal opportunity/affirmative action employer. (-19/3)

**SPIKE'S KEG O NAILS** is now hiring cooks and servers. We are looking for team oriented smiling faces to work in our fast pace family tavern. Must be available to work nights, holidays and weekends. No phone calls please. (-19/3)

### 1. Real Estate

### 1. Real Estate

### 1. Real Estate

#### Rent to Own!

If you can rent, you can own! Stop paying off your landlord's mortgage! You can Rent-To-Own your own home even with poor credit! Call Steven at 866-860-7994 24 Hour Recorded Message



Stunning panoramic views of Lake Margrethe. Beautiful setting on the lake offers 4 bedrooms, 2 baths, 1,720 square foot home with storage galore! Sandy bottom frontage with stone seawall, wrap around decking and awesome sunsets! \$319,500 #5336



Century 21  
River Country Real Estate  
5688 M-72 West, Grayling  
(989) 348-5474

### 1. Real Estate

I'll buy or lease your house Full price with favorable terms Any size, any condition, any location Call 866-860-7992 24 Hour Recorded Message

### 2. For Rent

#### FOR RENT Grayling Housing Commission

Is taking applications for a (1) bedroom apartment. Base Rent is based on 30% of Adjusted Income Maximum Ceiling Rents 1 Bedroom.....\$400 Rent Includes Utilities 308 Lawndale Drive 989-348-9314



### 3. Employment

### 3. Employment

#### HEMOCARE OR HOSPICE RN - CASUAL POSITION OPEN

Call us about our incentive pay plan! We make it worth your while! Qualifications: Hemocare experience preferred with well-developed assessment skills. We utilize an automated documentation system, experience with this a plus. Candidate must be a graduate from an accredited school and have a current Michigan RN license. Requires a minimum of 1 year of professional nursing experience. Ability to assess and act upon client needs without direct supervision. If you want to work with people who believe in a mission and put quality first, fax your resume to:

Brenda Lake, Business Manager  
Fax 231-779-9554  
for immediate consideration, or call  
800-822-8318 or 800-424-1457

Mercy Amicare Hemocare & Hospice is committed to the Mission and Values as set forth by Trinity Health. Mercy Amicare is committed to achieving workforce diversity and is an equal opportunity employer.

#### HEMOCARE POSITION OPEN

One Full-time Registered Nurse Position Casual Position

Open for Grayling Service Area Candidate must be a graduate from an accredited school and have a current Michigan license. Requirements: Minimum 1 year of professional nursing experience, ability to assess and act upon client needs without direct supervision, and willingness to travel in our geographic region. Automated documentation system, experience with this a plus. Incredible benefits, competitive pay, some on-call responsibility. For immediate consideration, please fax resume to:

Brenda Lake, Business Manager  
Fax 989-348-0047  
or call  
1-800-424-1457 or 1-800-822-8318

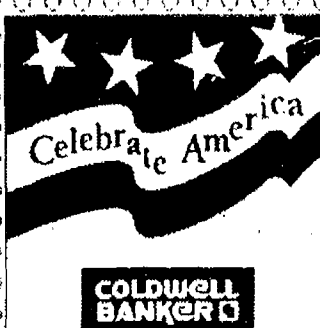
Mercy Amicare Hemocare & Hospice is committed to the Mission and Values as set forth by Trinity Health. Mercy Amicare is committed to achieving workforce diversity and is an equal opportunity employer.

#### COMMISSION ON AGING POSITIONS AVAILABLE

**Assistant Director** The Crawford County Commission on Aging is accepting applications for a full time Assistant Director. Duties include supervision of in-home services program. Preferred candidate will have excellent computer skills, three years experience working with elderly in a supervisory role or Bachelors' Degree in Social Services related field. Application packets can be picked up at 308 Lawndale, Grayling, Deadline is 5:00pm 05/24/05.

**Program Assistant** The Crawford County Commission on Aging is accepting applications for a part time Program Assistant. Duties include information and referral and newsletter publication. Preferred candidate will have excellent computer skills, two years experience working with elderly or Bachelors' Degree in Social Services related field. Application packets can be picked up at 308 Lawndale, Grayling, Deadline is 5:00pm 05/24/05.

**On-Call Homemaker** The Crawford County Commission on Aging is accepting applications for an on-call Homemaker. Duties include light housekeeping, assistance with personal care and supervision of clients. Preferred candidate will have two years caregiving experience or Nurse's Aide certification. Application packets can be picked up at 308 Lawndale, Grayling, Deadline is 5:00pm 05/24/05.



**Coldwell Banker Cornell Realty**  
2003 S. I-75 Business Loop.  
Grayling, MI 49738  
989-348-6481 • 800-300-6653  
www.cbcornerll.com or  
www.coldwellbanker.com  
**LOOK IN THE CLASSIFIEDS FOR MORE LISTINGS!!**

### WEEKLY FEATURED LISTINGS



**CHARMING LIKE-NEW HOME** on 5 acres. Full basement/13 blocks high, 2 B/R, 1.5 baths, cathedral ceiling, Hickory Cabinets new appliances. 30'X40' pole building MLS# 238371 \$129,900



**VACATION HOME ON BEAR LAKE'S ELANOR BAY** offers 3 B/R, 1.5 baths, wrap-around deck, 2 docks, split floor plan w/open living area, tile & hardwood floors, walk-in pantry & more! MLS# 238144 \$264,000



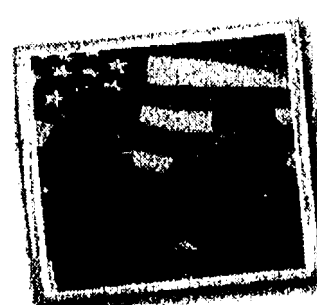
**NICE HOME WITH A VIEW OF LAKE MARGRETHE** Offers 3 B/R, sunroom, basement w/wet-bar, electric log fireplace, 2 car attached garage w/workshop. Home on 2 lots \$129,900 additional lots \$16,000 or \$145,900 for all. MLS# 238381



**REMODELED CHALET** offers log trim, 2/3 B/R, updated kitchen, shed for storage, adjoins state land at the North Branch of the Boardman River. Perfect Vacation Home or first home! MLS#238445 \$99,900

#### MOVING STORIES • MOBILIZING THE TROOPS

COLDWELL BANKER CORNELL REALTY  
My family and I had to relocate in a hurry, so we needed a Realtor® on active duty. ASAP! My CO recommended the COLDWELL BANKER® Military Markets Program. They understand the unique needs of military personnel and have a referral network of offices across the CONUS and around the world.



COLDWELL BANKER

**"So much information, so little space"**  
Stop in to visit or see all our listings on the web at [www.cbcornerll.com](http://www.cbcornerll.com) or [www.coldwellbanker.com](http://www.coldwellbanker.com)  
**The coffee is always on!**

#### ★ Scott's Special Pick of the Week ★



Brand new 1328 square foot, 3 br home conveniently located close to town, and Lake Margrethe, now available. This home has plenty to offer including a remodeled kitchen and bath, wood floors, wainscot walls, and an attached garage. This is a beautiful location surrounded by hardwoods and adjacent to state land. This really is a must see and is ready to move into. At \$97,000 this is my choice for **Scott's Special Pick of the Week**. For additional photos and more information please visit [ScottLongendyke.com](http://ScottLongendyke.com) and contact Scott today, your local fulltime agent.



**RE/MAX** of Grayling  
5728 M-72 West  
(989) 348-7440 • (800) 731-4002  
(989) 348-9514 • home • (989) 390-0088 • cell





**PART-TIME ICE CREAM** merchandiser needed in Grayling. \$10/hr. Send resume to: J&S Dairy, 2440 Dairy Square, Traverse City, MI 49686. (-19-26/3)

**HEALTH CARE INSTRUCTORS** to teach Basic Health Care (pre-CENA overview), Medical Terminology, PICC/VAC in Cadillac, West Branch, Gaylord, Manistee, Grayling and Traverse City. Hiring immediately. Excellent pay, travel reimbursed, short term classes. Must be available during the day. Please fax resume and list of courses you are qualified to teach to: 231-348-6630. North Central Michigan College. BOE. (-19/3)

**MORTGAGE LOAN OFFICER** and loan processor needed for Grayling area. Both of these positions require the ability to work in a fast paced environment with good organizational skills and attention to detail. Experience preferred. Pay commensurate with position offered and experience. Send typed resume with handwritten cover letter, Attn: NMFS, P.O. Box 490, Grayling, MI 49738. (-19/3)

**OLE DAM PARTY STORE** cashier position, nights & some weekends & days. Apply in person. 348-9675. (-19-26/3)

HELP WANTED, please apply in

### 3. Employment

**Certified Nursing Assistants**  
Tendercare Gaylord is now accepting applications for Certified Nursing Assistants

We offer:

- Excellent Benefits
- Competitive Wages
- 401K
- Tuition Reimbursement
- Flexible Scheduling

Interested applicants apply in person or send your resume to:

Jim Knight  
Staff Development Coordinator  
508 Random Lane  
Gaylord, MI 49735  
Phone: 989-732-3508  
Fax: 989-731-5260  
E-mail: ksvensen@tendercare.net  
www.tendercare.net

The City of Grayling is accepting applications for a custodian. The position is 40 hours per week with benefits to work during business and non-business hours. Starting wage is \$8.53 per hour. The applicant must be able to pass a Michigan State Police background check. For further information, contact Chad Beckett at the City Office at 989-348-2131 or dpw@cityofgrayling.org. Application Deadline: June 1, 2005.

### Mercy Amicare Homecare & Hospice is seeking a Secretary

available on a casual (intermittent) basis for the Grayling branch. Person is responsible for a variety of clerical/secretarial duties including taking and preparing minutes at meetings, developing forms, graphs, agendas. Scheduling appointments and making travel arrangements, working with policies and procedures and excellent filing organizational skills. Requires a high school diploma and a minimum of 1 year post secondary schooling in Secretarial Sciences, preferred. Word processing skills of 60+ and excellent interpersonal skills. Demonstrate ability to articulate and demonstrate communication skills and confidentiality. Candidate may fax resume, (no phone calls please) or hand deliver to: **Brenda Lake, Business Manager, 201 Meadows Drive, Grayling, MI 49738 FAX (989) 348-0047**  
Mercy Amicare Homecare & Hospice is committed to the Mission and Values as set forth by Trinity Health. Mercy Amicare Homecare & Hospice is committed to workforce diversity and is an equal opportunity employer.

### 8. Announcements

**Goodale's Mini Storage** will sell the following storage units at auction on June 1, 2005 at 2:00 PM. The auction will be held at 4902 Hanson St Grayling MI 49738.

Unit B27 Rented to Kim Haggard containing Refrigerator, tread mill, Outdoor furniture, Toys, pet carriers, Waterbed parts, Curio Cabinet, Kerosene heater, chairs, lamps, pictures.

Unit E19 Rented to Leigh Bendig contains Sporting goods, mirror, clothes, TV, lamp, fishing equip. fan, kitchen foods.

Unit B5 Rented to Richard Roberts contains stove, books, camping items, clothing, ironing board, games, toys, lawn tools, walker.

Unit C45 Rented to Mike Hartig Suitcases, trophies, lamp, stereo, racket.

Unit C69 Rented to Jeromny Sutton contains Washer, baby items, clothes, TV Super NES, Lamp, heater, clothes, Christmas Decorations, telescope.

Unit D 82 rented to Tangie Harris contains Floor Sweeper, Christmas Decorations, Fishing Equipment, Cooler, Storage Totes, Books, knick Knacks, Kitchen Items.

Unit D109 Rented to Kate Artrip contains Tables, lamps, curio cabinet.

Unit E20 rented to Yvone Fox contains Books, games, Videos, Records, Pictures, Couch, Chairs, Knick Knacks, Kitchen items, clothes dresser.

Unit F13 rented to Irva Lilly contains grill, microwave, dryer, chairs, bed, knick knacks, bedding, bed, kitchen items, rugs, vacuum, radiant heater, Christmas Items Outdoor acc.

**RTH HOME IMPROVEMENT** all your interior and exterior needs. Garages, additions, dry-wall, painting, roofing, siding, decks, and more. Licensed and insured, free estimates. Rob Harrington 989-344-1383. (-9/16/04tf/4)

**SEWING, ZIPPERS, MENDING** quilter (classes offered). Ask for Lorrie (989)348-9349. (-12-19-26-2/4)

**PET GROOMING** your home or mine. Please call 344-0584. (-12-19-26-2/4)

**MILLTOWN FENCE** all types-repairs. Free estimates, (989)348-9188. (LR08/25/05/4)

**LICENSED DAYCARE**-openings now for infant thru 7 years. 5:30 a.m.-5:30 p.m. Call 348-5560. (-5-12-19/4)

**LOOKING FOR CARETAKER** POSITION have tools, can fix anything, live-in preferred, should be home after 6:00 if not, leave message; 989-858-6542. (-12-19-26/4)

### 3. Employment

**SUMMER DRIVER'S TRAINING** Segment 1-2, motorcycle & automobile testing. Lowest rates in Northern Michigan, call 989-348-8838. (-21-28-5-12-19-26-2-9-16/4)

**CHILD'S PLAY DAY CARE** has one immediate opening, full time, age 0-5. State licensed & FIA accepted, CPR & first aid certified. Please call 348-4249, Danish Landing Rd. (-5-12-19/4)

**HEATHER'S DAY CARE** has 2 immediate full time openings ages 0 and up. State licensed, CPR & first aid certified. Breakfast, lunch & snack provided. FIA payments accepted. Open Monday through Friday, 7 a.m. to 6 p.m. Located at 301 Red Tailed Hawk Loop. 989-348-9058 or 989-390-2367. (-19-26/4)

**UNLIMITED PHONE CALLS** Is your phone bill more than \$24.99 for unlimited calls in the U.S. and to Canada? If so, you're paying too much! Visit [www.vonagesaves.com](http://www.vonagesaves.com) to start your savings. (-28-5-12-19-26-2-9-16/4)

**DOG OBEDIENCE CLASS.** Basic commands, behavior problems & communication skills. Limited space, contact Angel 989-344-0175. (-19-26/4)

### 3. Employment

#### Introducing The UPS Store.

Enormous strength and limitless potential make this an unprecedented franchising opportunity. To learn more, visit [www.theupsstore.com](http://www.theupsstore.com) or call 1-877-623-7253.

The UPS Store

### 4. Services Offered

**PORTABLE TOILETS**  
For Rent  
Day, Week or Month  
**Jack Millikin, INC**  
Since 1941  
Complete Septic Tank Installation & Cleaning  
(989) 348-8411

### 9. Personals

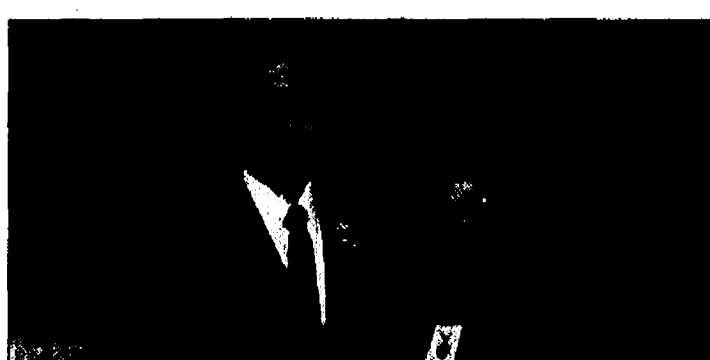
**HAPPY 21st BIRTHDAY**  
**MATT**  
love,  
Mom, Dad & Wayne

### HAPPY 50TH ANNIVERSARY

*Charlie & Marilyn Fick*



*May 21, 1955*



*May 21, 2005*

*Love, from your family & friends*

**LIBERTY LANDSCAPE** Insured, residential & commercial landscapers. Lawn maintenance, spring & fall clean-ups, power washing, irrigation, trees & shrubs. Free estimates! Derick 989-614-1213, Jim 989-614-7239. (-5-12-19-26/4)

**WHERE THE ACTION IS** Roofing, roofing & more roofing. Building new homes to remodeling, plus decks & so forth, just name it. Years & years of experience, all work guaranteed. Try to beat my prices. Call 348-5428 or 989-390-3774. (05/12/05tf/4)

**AFFORDABLE ROOF REPAIR;** new construction or tear offs, also siding and decks. Will beat any price, 24 hour emergency service, free estimates by Quality Construction. 348-5817, (989)390-1526 (-14-21-28-5-12-19-26-2/4)

**D. HAWES/DRIVER'S EDUCATION** Northern Driving School's up-coming classes. Segment I - \$230 - Grayling: May 9-26, June 13-28, July 6-22. Roscommon: April 11-28, August 1-16. Mio: June 13-30. Segment II - \$30 - Grayling: May 9-11, June 27-29. Roscommon: April 11-13, August 1-3. No hidden costs. Most preferred in Crawford County. Call now for information: (989) 344-2470. (LR5/26/05/4)

**STUMP GRINDING** reasonable rates. Phone 989-348-8066. (04/28/05tf/4)

### 4. Services Offered

**CUSTOM UPHOLSTERY**  
Over 20 years experience  
Choose fabric in your home  
FREE estimates • Pick-up & delivery  
Shirley Bolton (231) 258-2610

### 5. For Sale

**KUK'S NURSERY**  
HARDINESS, QUALITY AND FRIENDLY advice is our policy  
HUNDREDS OF POTTED TREES & SHRUBS AT LOW SPRING PRICES. FOR A LIMITED TIME U DIG ANY SIZE SPRUCE ONLY \$17 EACH.  
Located 8 miles North of Roscommon on Old M-76 (S. Grayling Rd.) Northbound I-75 exit at 244 mile marker, turn left, 1 1/2 miles to blinker, then right 3 miles on Old M-76 (S. Grayling Rd.) Southbound I-75 take 251 mile exit. Turn South on Old M-27 to the Moose Club then left on S. Grayling Rd. for 1 1/2 miles.  
**989-275-8491**  
OPEN EVERY DAY  
9am - 5pm, except Wednesday

### 9. Personals

**I CHARGE** by the job, not by the hour. Yard work, raking, mowing, cutting brush, auto detailing. 348-5081. (-19/4)

**QUEEN SIZE MATTRESS** set with Amish made pine log headboard and free frame still in plastic, never used. Cost \$800, will sacrifice for \$235. Call (989) 429-0062. (7/3/03tf/5)

**QUEEN SIZE PILLOW TOP** mattress and box springs new in plastic with Amish made pine log headboard. Cost \$995 will sacrifice for \$285. Call (989) 429-0062. (7/3/03tf/5)

**AMISH BUILT** pine log bed. Queen size, beautiful must see. Will sell for \$265. Queen size mattress set, new in plastic with free frame will sacrifice \$150. Call (989) 429-0062. (7/3/03tf/5)

**GOLD WING** 1500 cc, 1992, 48K miles, many extras. Always garaged, excellent condition, \$7,500. Grayling, cell 989-390-0315. (-19-26/5)

**FOURTEEN FOOT 2001 STAR-CRAFT** boat with 9.9 hp Mercury motor and trailer. Lots of other goodies. Never in the water, \$3750. 348-4304. (-19-26/5)

**ESTATE AUCTION!** May 21 at 10 a.m. Mio, Perry Creek & M-33. Furniture, household, salt & pepper collection, glass, kitchenalia, quilts, toys, elk antlers, railroad lanterns, garage & outside related, 1993 Buick Roadmaster Estate Wagon, 1951 Ford 8N tractor, older Terex/GM 2 yd. articulating loader, older Fitchburg brush chipper, coins & more. View online. Let's Talk Auction Company, (989) 848-5158. [www.LetsTalkAuction.com](http://www.LetsTalkAuction.com) (-19/5)

**2-SIDED CABIN LOGS**, log siding, T&G lumber, planed lumber, rough sawn lumber, custom sawing. 348-9289 or 619-0840. (LR9/8/05/5)

**1970 CRUISER INC. BOAT**, 85 HP Johnson, low hours on rebuild, good condition, \$17,300 OBO. 348-7797 or 989-390-2743. (-12-19/5)

**HIDE-A-BED** queen sofa, \$100.

### 10. Garage Sales

**Memorial Day**  
**Monday, May 30**  
**GARAGE SALE AT**  
**DuBOIS LUMBER**  
Close Out Merchandise & Much, Much More!!!!

"The Name You Can Build On"  
**DuBois Lumber**  
LUMBER & BUILDING MATERIALS  
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### 11. Automotive

### 11. Automotive

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Salesperson: Eric Isaacsen  
Customers: Faye Brusso

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"I especially wanted to buy a car from Eric Isaacsen at Scheer Motors because he is such a friendly guy & I felt I could trust him, also I definitely wanted a GM product."

~ Faye Brusso

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CALL TRUNK • 989-348-5451



**FIND A CAR** - 1997 Chevy 402 big block; black and crank still in plastic bag from machine shop. 1986 Chevy 350, motor runs excellent. \$400. 348-1870 or 619-0912. (-12-19/5)

**NEAR NEW** 6 1/2 ft. Snowway Snowplow, \$1,000 or best offer. 1997 Ski Doo MXZ 670, \$1,200 or best offer. Complete unassembled 1968 Chevy 402 big block; black and crank still in plastic bag from machine shop. 1986 Chevy 350, motor runs excellent. \$400. 348-1870 or 619-0912. (-12-19/5)

**FIRE WOOD** - Dry, hardwood, ready to burn, \$50/face cord. Delivery available, 348-1870 or 619-0912. (-12-19/5)

**2 TWIN SIZE** steel bed frames, \$10 each, 348-6592. (-19/5)

**WANTED-SCRAP VEHICLES** top dollar paid. Pick up available. 888-471-3818. (3/3/05/6)

**PRIOR SERVICE WANTED** from all branches of service to join the Michigan Army National Guard. Offering: \$15,000 to stay in previous job skill. Pay for weekend drill (E-5 with 6 years in \$294). College benefits (Montgomery G.I. Bill, 100% federal tuition assistance, state reimbursement). Pay up to \$20,000 of student loans. Earn towards retirement after 20 years of service. For more information please call SFC James Army at 989-348-5397. (-5-12-19-26/6)

**BASKET WEAVER** to do a new rim on a hamper, 348-6592. (-19-26/6)

**CAMERA FLASH** for manual Pentax. Call Michael at 989-348-7463, afternoons. (-19-26/6)

**4 X 8 LIGHTED SIGNS** for sale or lease, tables and chairs for lease, trash barrels for sale. Fick & Sons, Grayling. (989) 348-7647 or 1-800-292-9295 (4/24/03/7)

**FREE TO GOOD HOME**. 40" TV tower. You take it down and it's yours. 348-5474, ask for Betty. (-19/7)

**PLAY A FREE ROUND** of golf for just the cart fee or \$5. We are holding a golf etiquette class sponsored by Hawk Ridge Golf Course & Golf USA of Gaylord. There will be free gifts and prizes. The number of participants will be limited so reserve your tee time now. The event will start at 10:00 on the 21st of May. You must be 16 years of age or older with a valid drivers license. Call 989-275-2000 to register. (-12-19/8)

**KOEGEL DETROIT STYLE CONEYS** \$1.45 on Mondays. Huge sandwiches. Full-line Stash Teas, \$3.19. Bloomin Grape Deli. 989-344-2221 (Ace Hardware Complex). (3/10/05/8)

**HUNTER SAFETY TRAINING** class offered. The Grayling Sportsman's Club is offering a DNR "Hunter Safety Training" class on Wednesday, May 25 from 6 p.m. to 9 p.m. and on Saturday, May 28 from 9 a.m. to 4 p.m. The class will be held at the Grayling Sportsman's Club and will include live fire on the range. Attendance at both sessions is required to be awarded the DNR Orange Card. Class size is limited to 40 students. For more information or to enroll, call Jim Smith evenings at 348-1202. (-19/8)

**HAPPY 25TH ANNIVERSARY JOHN** What were we doing on May 22, 1980? I love you for always! Love, Cheri. (-19/9)

**ROTARY GARAGE SALE** - lots of stuff for everyone. Bear Archery Building on M-72 West, Saturday, May 21, 9-5, and Sunday, May 22, noon-3:30. If you have items to donate, call and we'll pick them up. 348-1353. (-12-19/10)

**MULTIPLE FAMILY YARD SALE** at 900 Maple Street; Warbler's Way Motel, Friday and Saturday, May 20-21, 9-5. (-12-19/10)

**YARD SALE- THREE FAMILY**, 505 Ionia St., 9-7, May 17-20. (-19/10)

**Annual Michaywe Garage Sale**  
100's of homes throughout Michaywe  
9:00 AM - 4:00 PM  
Saturday, May 21  
Maps available at Charles Brink Rd. entrance.

**7th Annual Giant Garage Sale**  
Rotary Club of Grayling  
Saturday, May 21  
9 to 5  
Sunday, May 22  
12 to 3:30  
Bear Archery Building  
M-72 West.  
To donate good items for sale call - 348-1353

**CARWASH SALE** - 1997 Chevy 402 big block; black and crank still in plastic bag from machine shop. 1986 Chevy 350, motor runs excellent. \$400. 348-1870 or 619-0912. (-12-19/5)

**LOTS OF NEW & used home decor**, an XM Radio set up, china cabinet, teen clothing (size 6-10), futon furniture, small appliances, large amount of Mikasa glasses, vanity set, sub woofers, 20X30 fence with door (great for dogs or large garden), much more. 989-344-2858; 1732 Shaw Park Rd., off Stephan Bridge Rd. Saturday & Sunday, 9-4. (-19/10)

**LAKE MARGRETHE GARAGE SALE**: 1573 Malcom off Eagle Point. Household items and some clothes. Friday 10-2; Saturday 9-1. (-19/10)

**CORNER OF ERIE & Michigan Avenue**. Kitchen table, dishes, material, clothing, books, rocking chair, roll-away bed, book shelf and lots more! Friday & Saturday, 9-6. (-19/10)

**MAY 19-20**, 9-5, 21, 10-2. Townley's have moved to 301 Stuart Place. Offering our extra stuff. Table saw, welder, router & table, some furniture, lawn furniture, nic nacs, toys, dishes, glassware, guns, Cub Cadet yard tractor, clothes, lots of extras. Follow signs in Mobile Estates. (-19/10)

**FRIDAY & SATURDAY**, May 20-21, 10-3. We have adult & kids skis, snowboard & boots, miscellaneous furniture, movies, books, toys, some building materials and clothes from kid to adult sizes. 6661 Norseman Dr. (behind the Township building). (-19/10)

**MOVING SALE** - Saturday, May 21, 9 a.m. to 4 p.m. in apartment 31 on Lawndale, next to garage. (-19/10)

**3 FAMILY GARAGE SALE** May 26, 27, 28. 509 Rose st., back of North Central Credit Union. (-19-26/10)

**GARAGE SALE** 20th & 21st, 9-3, 1377 Little John Ave. (-19/10)

**GARAGE SALE** - May 27-28, 9-5, 8871 S. Oak, Roscommon. 1 mile north of Fletcher. Canoe boat & many other items. (-19-26/10)

**Garage Sale** - 1997 Chevy 402 big block; black and crank still in plastic bag from machine shop. 1986 Chevy 350, motor runs excellent. \$400. 348-1870 or 619-0912. (-12-19/5)

**Garage Sale** - 1997 Chevy 402 big block; black and crank still in plastic bag from machine shop. 1986 Chevy 350, motor runs excellent. \$400. 348-1870 or 619-0912. (-12-19/5)

## RUNNAGE SALE

**FRIDAY, MAY 20 - 9 am to 5 pm**  
**SATURDAY, MAY 21 - 9 am - 2 pm**  
**2 BAGS/\$1.00 ON SALE ON SATURDAY - 12 TO 2**

*Furniture - Housewares - Appliances - Clothing -*  
*10ft Christmas Tree -*  
*Outdoor Mobile Sign w/6 in. Letters -*  
*Push Hand Lawn Mower*

**MT. HOPE LUTHERAN CHURCH**  
2 Miles North of Grayling on Bus. Loop I-75 (Old 27)  
at M-93 (Hartwick Pines Road).

**97 DODGE PICKUP**, good condition, 348-2713. (-19/11)

**1998 PONTIAC MONTANA** Trans Port extended mini van. Trailer towing package, new exhaust system, great gas mileage, one owner, \$4,500, 989-348-8037. (-19-26/11)

**1992 MERCURY COUGAR**, V8, 69,000 miles. 1994 Ford Lightning pickup, 5.8 V8. 1995 Ford Lightning pickup. 1986 Honda V65 Magna, 18,000 miles. 1994 Bronco, 4X4, all excellent condition. For more information call 989-275-5135. (-19-26/11)

**1998 CHEVY VECTRIA**, \$850 OBO. 348-6578. (-19/11)

**1998 GMC S-15 4X4 pickup**. Rebuilt motor, automatic, many new parts, runs great, good woods truck, \$850 or best offer. 348-8814. (-19/11)

**1998 FORD 1 TON**, 12 ft. stake, 460 motor, C6 transmission, dual wheels, newer motor, needs to be hooked up.

**1998 ASPEN** 100,000 miles, 5 speed, spoiler on back, runs good, no rust, \$1200 OBO. 348-6578 after 3 p.m. (-19/11)

**1998 MAZDA TRUCK**, 4X4, lots of new parts, needs some work, \$700 or

## OIL CHANGE IN 29 MINUTES OR LESS OR THE NEXT ONE IS FREE!

- Oil change (up to five quarts of oil)
- Oil filter
- Chassis lube
- Fluid level checks
- Brakes - differential transfer case - transmission - windshield washer
- 25-point inspection
- No Appointment Necessary
- Competitive Up-Front Pricing
- Limited Lifetime Guarantee on Parts & Labor
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\* Price & 29 minute guarantee apply to GM & Chrysler vehicles only, diesels extra.

# HOT BUTTON BONUS CASH!!

EITHER WIN A NEW GM CAR OR TRUCK OR GET \$1000 TOWARDS BUYING ONE!!

### BRAND NEW 2005 CHEVY COLORADO EXT. CAB




**WITH REMOTE START!**

**ZERO DOWN! \$246** per mo. lease  
**BUY FOR \$18,738!!**

**WOW! An extended cab loaded with all the right options!**  
6 CD changer with XM satellite radio, Automatic, Air, power options. What a great truck! stock #05235

### BRAND NEW 2005 CHEVY MALIBU LS



**WITH REMOTE START!**

**ZERO DOWN! \$255** per mo. lease  
**BUY FOR \$18,103!!**

A great car! Great gas mileage! Equipped right!  
stock #21150

### BRAND NEW 2005 PONTIAC GRAND PRIX

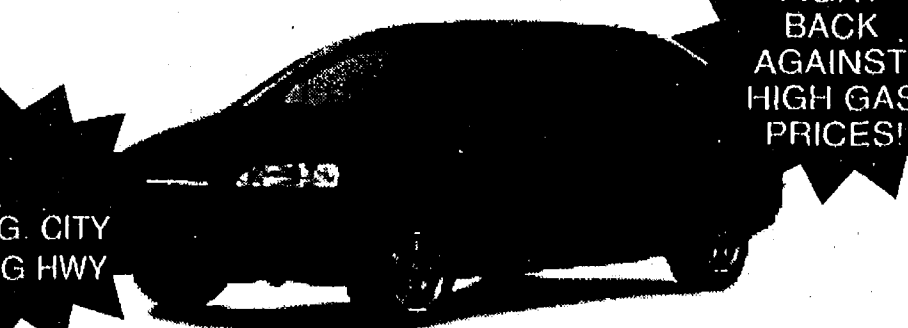


**WITH REMOTE START!**

**ZERO DOWN! \$252** per mo. lease  
**BUY FOR \$19,192!!**

Who would want to drive a stodgy mid size car when you can have flair in your life for basically the same price? Come drive one, you'll see!  
stock #21134

### BRAND NEW CHEVY AVEO 5 DR.



**27 MPG CITY  
35 MPG HWY**

**FIGHT BACK AGAINST HIGH GAS PRICES!**

**ZERO DOWN! \$168** per mo. lease  
**BUY FOR \$8,683!!**

Just wave as you pass all of those other people pumping gasoline into their cars! The people at the stations won't even know you because you hardly ever have to stop! ISV package car!  
stock #67195

Check out our used cars at [scheermotors.com](http://scheermotors.com)

<p><b>2005 BUICK LACROSSE-EXL</b> Loaded with leather! Less than 1000 miles. Over \$31,000 brand new! Stock # 20845-1 USED TO BE \$20,999 BLOWOUT PRICE \$24,488</p> <p><b>2004 CHEVY MONTE CARLO</b> LS, Bright Red with Dark Sunpleased (Just Kidding) very attractive! Don't anounce, you'll love it! Stock # 6262 USED TO BE \$16,999 BLOWOUT PRICE \$12,988</p> <p><b>2002 CADILLAC DEVILLE</b> Beautiful Light Cashmere color, very clean, low miles! Stock # 20899-1 USED TO BE \$22,999 BLOWOUT PRICE \$20,988</p> <p><b>2002 CHEVY CAVALIER LS SPORT COUPE</b> Wow! Flash Yellow with power sunroof, hot wheels, spoiler! Real Sharp! Stock # 20734-1 USED TO BE \$11,999 BLOWOUT PRICE \$9,988</p> <p><b>2003 PONTIAC BONNEVILLE SEI</b> Wow! Supercharged, power sunroof, chrome wheels, leather, all the good stuff! Stock # 20802-1 USED TO BE \$21,999 BLOWOUT PRICE \$18,988</p> <p><b>2003 OLDSMOBILE AURORA-V6</b> Heated leather seats, power everything! Very clean! Beautiful! Cappuccino color, you'll love this car! Stock # 97553 USED TO BE \$16,999 BLOWOUT PRICE \$16,988</p> <p><b>2003 BUICK LESABRE</b> Loaded with leather! The right equipment, right color (Lt. Brown), and the right condition. Now it's priced right, too! Stock # 6382 USED TO BE \$17,999 BLOWOUT PRICE \$15,988</p>	<p><b>2001 CADILLAC STS</b> Wow! Awesome Car In White Diamond color, leather heated seats, Northstar V6, Power sunroof, loaded! Stock # 6317 USED TO BE \$20,999 BLOWOUT PRICE \$22,988</p> <p><b>2002 CHRYSLER SEBRING</b> V6, clean, runs and drives great! Stock #20732-2 USED TO BE \$11,999 BLOWOUT PRICE \$8,988</p> <p><b>2001 CHEVY LUMINA</b> Very clean car with only 45,000 miles! Stock #20924-1 USED TO BE \$11,999 BLOWOUT PRICE \$9,988</p> <p><b>2001 FORD ESCORT ZX3</b> Cheap and 2 door COOL! (REALLY!) RE, POWER! (YOU'LL LOVE IT!) Stock #0009-1 USED TO BE \$6,999 BLOWOUT PRICE \$6,988</p> <p><b>2004 CHEVY EXPRESS</b> All wheel drive! Loaded LS, eight passenger, Stock # 20802-1 USED TO BE \$24,999 BLOWOUT PRICE \$22,988</p> <p><b>2003 JEEP LIBERTY SPORT</b> 4x4, Really clean, Black, CD, power options, and lots of "new" equipment. Stock # 20584-1 USED TO BE \$15,999 BLOWOUT PRICE \$11,988</p> <p><b>2003 CHEVY TRAILBLAZER</b> 4x4, LS, Really nice. Fewer color. Priced to sell! Stock # 6125 USED TO BE \$20,999 BLOWOUT PRICE \$16,988</p>	<p><b>2003 OLDSMOBILE BRAVADA</b> A peach! Beautiful Candy Apple Red with heated leather and a sunroof! Low miles. Stock # 21088-1 USED TO BE \$23,999 BLOWOUT PRICE \$20,988</p> <p><b>2002 HONDA ODYSSEY</b> EX-L, loaded with leather and lots of extras, low miles. Stock # 6366 USED TO BE \$22,999 BLOWOUT PRICE \$20,988</p> <p><b>2003 JEEP GRAND CHEROKEE 4X4 LAREDO</b> 6 cyl., CD/cassette, all power, beautiful! Stock # 6381 USED TO BE \$19,999 BLOWOUT PRICE \$16,988</p> <p><b>2002 CHEVY SILVERADO EXT. CAB 4X4</b> LT, With Heated Leather, Fiberglass upper, V8, all the optional! Stock # 6002-1 USED TO BE \$23,999 BLOWOUT PRICE \$20,988</p> <p><b>2003 CHEVY VENTURE</b> Extended, nice van, low miles, priced right! Stock # 6387 USED TO BE \$19,999 BLOWOUT PRICE \$13,988</p> <p><b>2001 DODGE DAKOTA CLUB CAB 4X4</b> Loaded with leather, power, 80 wheels and tires, real! Stock # 6073-1 USED TO BE \$17,999 BLOWOUT PRICE \$16,488</p> <p><b>2000 JEEP GRAND CHEROKEE-4X4</b> Laredo, clean and nice! Has a few miles, but priced to sell! Stock # 21012-1 USED TO BE \$11,999 BLOWOUT PRICE \$8,988</p>	<p><b>1998 CHEVY BLAZER</b> 4Dr, 4x4-LS, Clean Blazer! Come check it out! Stock # 6304-1 USED TO BE \$9,999 BLOWOUT PRICE \$6,988</p> <p><b>1998 FORD EXPLORER AWD</b> V8, white diamond Pearl, beautiful! Has a few miles, but priced to sell! Stock # 21063-1 USED TO BE \$7,999 BLOWOUT PRICE \$5,988</p> <p><b>1997 FORD RANGER-XLT</b> All Wheel drive, V6, 5 speed manual, looking tool box. Sharp! Stock #20745-1 USED TO BE \$4,999 BLOWOUT PRICE \$2,988</p> <p><b>1997 FORD ECONOLINE CONVERSION VAN</b> Very clean and low miles! Leather seats! Very nice! Stock #20763-1 USED TO BE \$10,999 BLOWOUT PRICE \$7,988</p> <p><b>1998 GMC SIERRA 3/4 TON EXT. CAB PICKUP-4X4</b> High Miles, but priced accordingly. Stock #21088-1 USED TO BE \$9,999 BLOWOUT PRICE \$6,988</p> <p><b>1998 DODGE RAM CONVERSION VAN</b> Very clean and nice! Low miles for a 98'! Must see and drive! Stock #20401-2 USED TO BE \$7,999 BLOWOUT PRICE \$4,988</p>
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# HE CARE

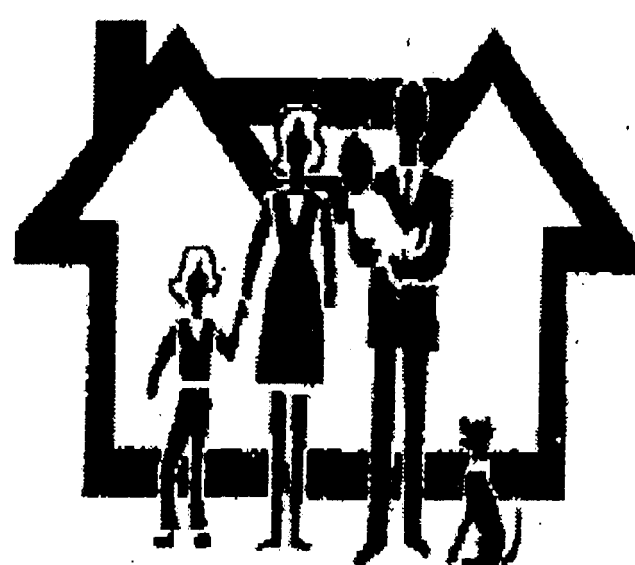
# 2005



A Special Section Published By *Crawford County Avalanche*



# G. R. A. C. E. CENTER



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# Don't Get Bugged by Mosquitoes This Year

(NUI) – Warm, wet weather can lead to the early arrival of the West Nile virus. The pools of standing water left from the rains serve as excellent breeding places for mosquitoes, including those that carry the West Nile virus.

Since the West Nile virus was first identified in the U.S. in 1999, mosquitoes have become more than just a nuisance. They have contributed to more than 16,000 West Nile virus cases and 600 deaths in this country alone. Although mosquitoes are expected to be out in full force this summer, homeowners can help reduce mosquito populations in their areas with the following steps.

- Clear standing water from your landscape. With a wetter-than-normal spring, many homeowners now have standing water in their yards. Because mosquitoes lay their eggs in stagnant water, the best way to decrease the mosquito population around the home is to eliminate this habitat. To do so, cover, empty or remove containers that hold water; clean out gutters and drainage ditches; and replace water in flower pots and birdbaths every three to four days.

- Create movement in stagnant water. Water can't always be eliminated when you have pools and



Photo courtesy of [www.newsusa.com](http://www.newsusa.com)

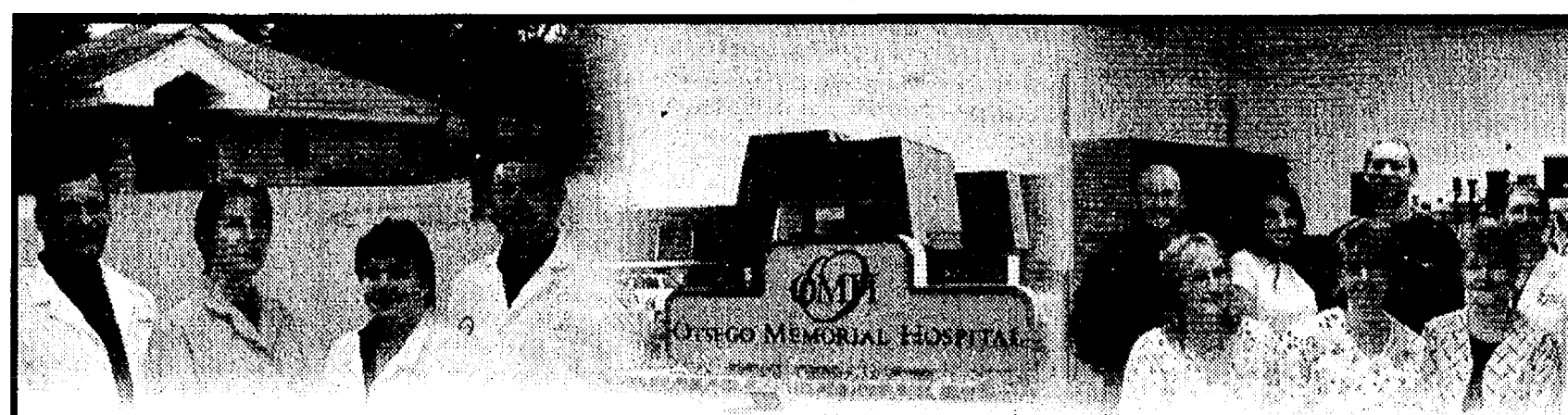
**Removing stagnant water around your property can help reduce mosquito populations and the threat of the West Nile virus.**

ponds on your landscape. Another option for stagnant water sources is to add a water pump, fountain or waterfall. Also, swimming pools and hot tubs make great mosquito habitats. Homeowners should ensure that these bodies of water are chlorinated according to the manufacturer's directions and covered when not in use.

- Consult your local public health department or pest control professional. Health departments and pest control professionals can help you

locate potential mosquito habitats and treat them with environmentally friendly larvicides. These products kill mosquito larvae before they can become biting adult mosquitoes. You should also check with your local public health department to ensure larvicide is being used near your home and in other parts of your community.

For more information about how to protect yourself and your family from the West Nile virus, visit [www.MosquitoAwareness.com](http://www.MosquitoAwareness.com).



**(989) 731-4111**  
1996 Walden Drive, Gaylord, MI  
Mon-Fri 9 am-8 pm  
Weekends 9 am-5 pm

## MedCare Walk-In Clinic

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Board certified emergency medicine physicians and certified physician assistants

Treatment for minor illnesses and injuries; onsite xray

Occupational Medicine services by appointment

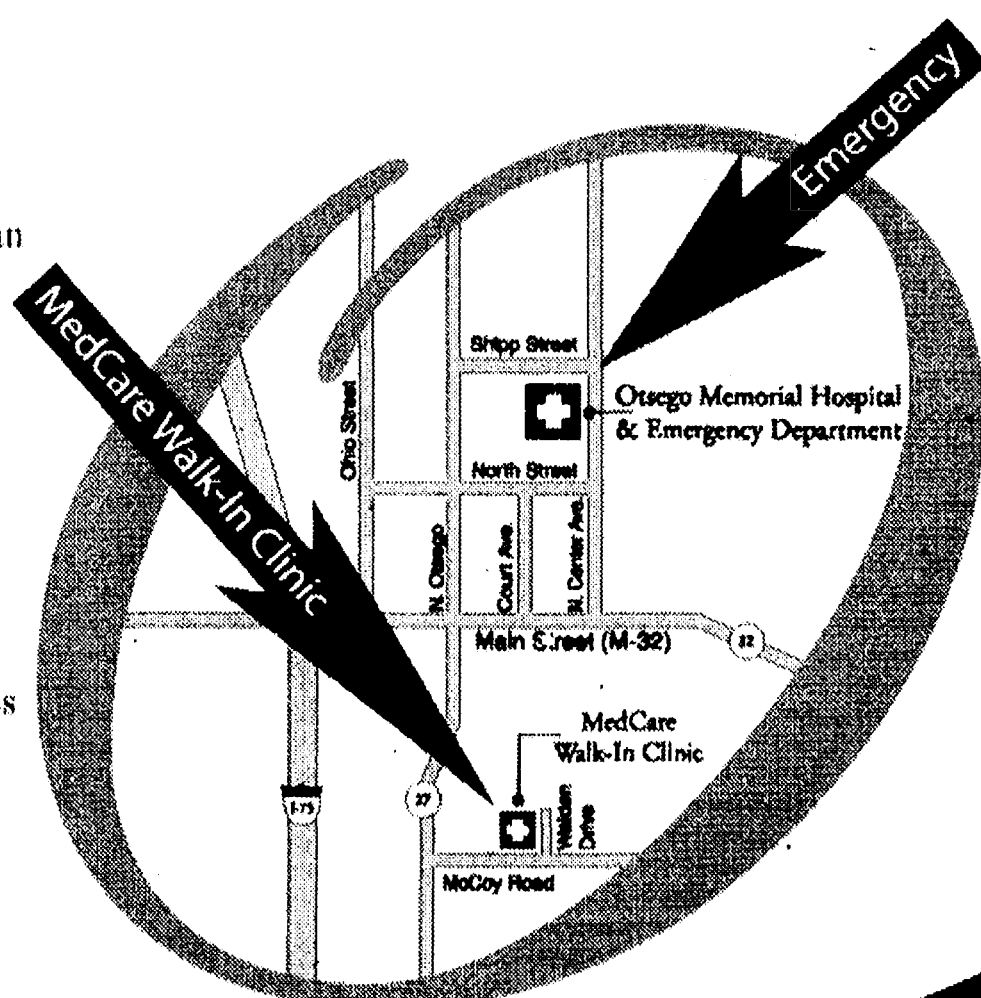


**(989) 731-2100**  
825 N. Center Avenue, Gaylord, MI  
Physician Staffed  
24 hours a day, 7 days a week

## Emergency Department

For treatment of serious illnesses and injuries:

- Unconsciousness
- Poisoning
- Head Injuries
- Difficulty Breathing
- Chest Pain
- Allergic Reaction
- Severe Bleeding
- Seizures



989-731-2100 800-322-3664

# Eight Tips to Keep Your Home Healthy

(NUI) – The quality of the air in your home can affect your health. This is especially true during the winter months when people tend to stay in their homes for longer than usual periods of time.

Mold, household cleaning products, asbestos and combustion sources, such as oil, gas and kerosene, are all causes of indoor air pollution.

Health effects from indoor air pollutants can occur soon after exposure or years later.

Irritation of the eyes, headaches, dizziness and fatigue may show up after a single exposure. Such immediate effects are usually short term and treatable. Sometimes the treatment involves simply eliminating the person's exposure to the source of the pollution.

Other health effects, such as some respiratory diseases, heart disease and cancer, may show up years after exposure and can be severely debilitating or fatal.

The Consumer Federation of America and the Environmental Protection Agency urge homeowners to take action to improve the indoor air quality in their homes. During the heating season, follow these tips to keep your home's air as

clean as possible:

- Vent all furnaces to outdoors; keep doors to the rest of house open when using unvented space heaters.
  - Choose properly sized wood stoves certified to meet EPA emission standards and make certain that doors on all wood stoves fit tightly.
  - Have a trained professional inspect, clean and tune up the central heating system annually. Repair any leaks.
  - Change filters on central heating and cooling systems and air cleaners according to manufacturer's directions.
  - Take special precautions when operating fuel-burning unvented space heaters.
  - Install and use exhaust fans over gas cooking stoves and ranges and keep the burners properly adjusted.
  - Keep wood stove emissions to a minimum. Choose properly sized new stoves that are certified as meeting EPA emission standards.
  - Have central air handling systems, including furnaces, flues and chimneys, inspected annually and properly repair cracks or damaged parts.
- For more information, go to [www.consumerfed.org](http://www.consumerfed.org) or [www.epa.gov/iaq/combust.html](http://www.epa.gov/iaq/combust.html).



# Cholesterol and Diabetes: Getting to the Heart of It

(ARA) – If you are one of 18 million Americans affected by diabetes, you already know how important it is to monitor your blood sugar levels. However, do you also keep close track of your blood lipids? Abnormal levels of blood lipids, which are actually fats in your blood, can lead to cardiovascular disease, a leading cause of death for patients with type 2 diabetes.

Many people with diabetes have an abnormal lipid profile – high-density lipoproteins or HDL (good cholesterol) levels that are too low, and triglyceride levels that are too high. Also, low-density lipoproteins or LDL (bad cholesterol) particles are unusually small and dense, which can be especially harmful to blood vessels. This combination of factors is known as diabetic dyslipidemia, and can lead to heart attack and stroke.

“Diabetic dyslipidemia means your lipid profile is going in the wrong direction,” said Mehmood Khan, M.D., F.A.C.E., senior vice president for Medical and Scientific Affairs, Takeda Pharmaceuticals North America, Inc. “It is a deadly combination that puts patients at risk for premature coronary heart disease and atherosclerosis – where the arteries become clogged with fat.”

A recent study conducted by the Centers for Disease Control and Prevention found that 70 to 97 percent of individuals with diabetes have diabetic dyslipidemia. To decrease complications from this condition, people with diabetes need to control their lipids as carefully as they monitor their blood sugar. In fact, the American Heart Association reports that for every one percent you lower your LDL

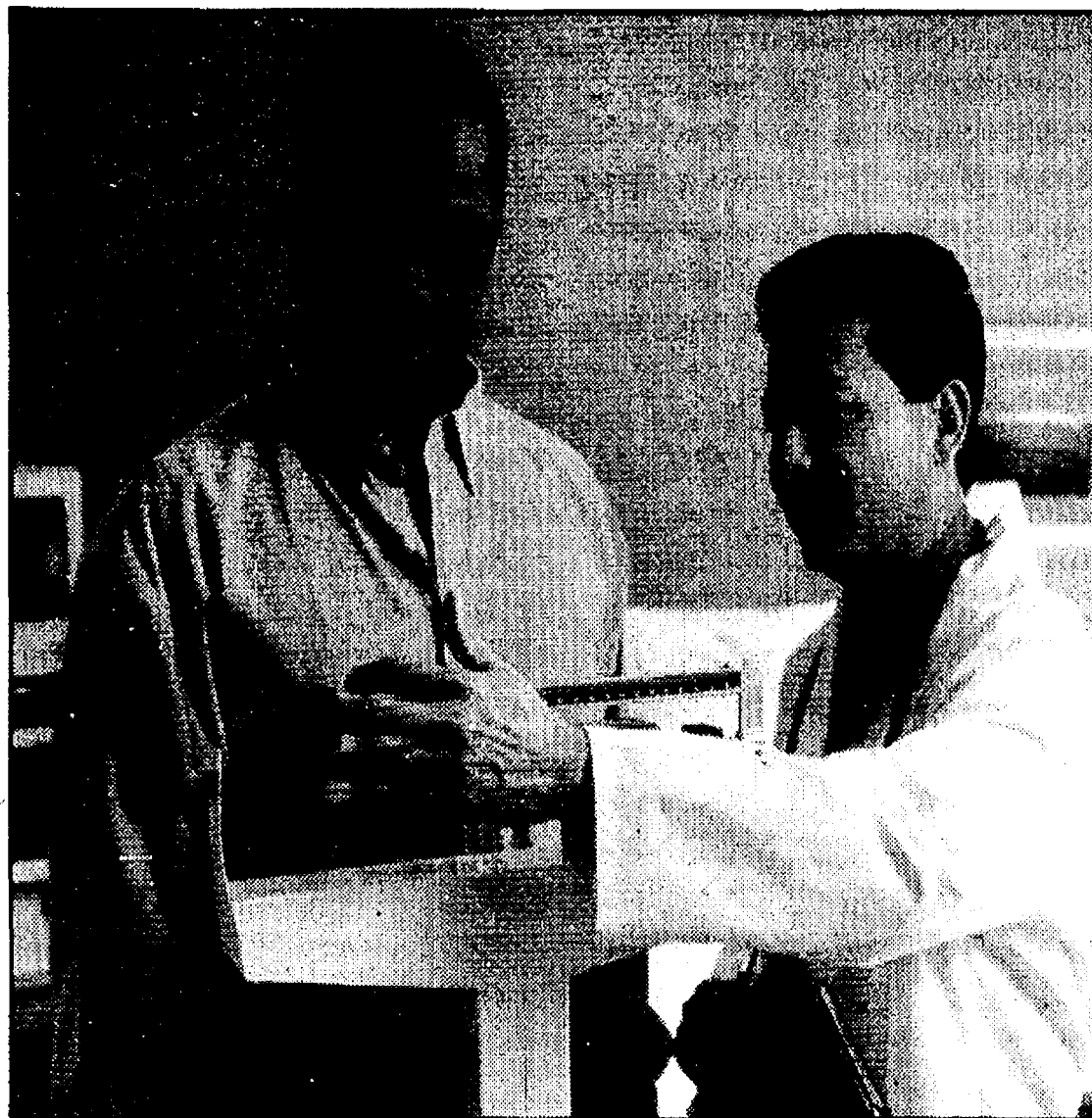


Photo courtesy of Getty Images and ARA Content

**One step to controlling your lipid profile is to schedule an appointment with your physician or health care provider to have your blood lipid levels checked. If there are any problems, you can work with your physician to develop a treatment plan that is right for you.**

cholesterol, you reduce your risk for cardiovascular disease by one percentage point.

There are steps you can take on your own to manage your lipid profile and diabetes. This includes making sure you have healthy eating habits, and incorporating some form of physical activity into your daily routine. These lifestyle changes can help reduce your risk of complications from diabetes, and raise your chances for a healthy life.

Another step to controlling your lipid profile is to schedule an

appointment with your physician or health care provider to have your blood lipid levels checked. If there are any problems, you can work with your physician to develop a treatment plan that is right for you, which may include cholesterol-lowering medication. If you are currently prescribed medication for type 2 diabetes, ask your physician about its effects on your cholesterol, as some diabetes medications may have the potential to impact your cholesterol profile.

(Courtesy of ARA Content)

## Five Tips to Take to Heart

(NUI) – From weight lifting to sit-ups, we're always looking for a way to beef up our physique. But, while we're busy concentrating on our abs, many of us forget about the most important muscle to maintain – the heart.

According to the American Heart Association, heart disease is still the leading cause of death in the United States. Though advances in technology and awareness are helping more people survive heart disease, preventing the disease is much easier than treating it.

Prevention is easier than you think. By following the rules below, you just might be saving your life.

1. Get a checkup. In our busy schedules, it may be hard to fit in an annual visit to the doctor, but it's not only necessary, it's also the first step in learning how to improve your heart health.

2. Improve your diet. With a healthy diet of food low in fat, cholesterol and salt, you will be improving your health from the inside out. Also include fruits, vegetables, grains and fiber into your daily routine.

3. Reduce stress. In times of stress, people with heart disease are more likely to have a heart attack.

Figure out what stresses you the most and try to eliminate or reduce those stressful activities. Also, breathing techniques, meditation and exercise can reduce stress and help you relax.

4. Start a daily exercise program. Being overweight forces your heart to work harder than it should. By

exercising regularly you'll be improving your heart function and boosting energy.

5. Stop smoking. Smokers run more than twice the risk of having a heart attack than non-smokers. By quitting, your risk of coronary heart disease will drop immensely just in the first year.

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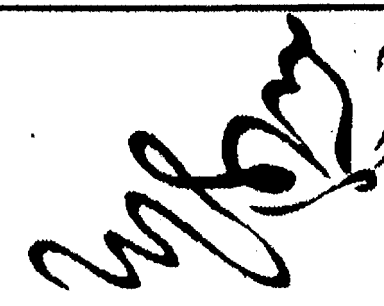
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## New Survey Shows More Can Be Done to Help Manage Arthritis Pain

(ARA) – Despite tremendous advancements in treatments available for rheumatoid arthritis (RA), a nationwide survey by the Arthritis Foundation shows that nearly 70 percent of people currently receiving RA treatment still experience pain, stiffness and fatigue on a daily basis. Results also reveal that more than one-third rank their quality of life with RA at only a five out of ten.

To identify unmet needs of the RA community regarding treatment options and quality of life, the Arthritis Foundation, in collaboration with Harris Interactive, surveyed 500 adults with RA. The most common medications used to treat RA include disease-modifying antirheumatic drugs (DMARDs), such as leflunomide or methotrexate, and biologic response modifiers (BRMs), such as etanercept, adalimumab, anakinra and infliximab.

While half of the people surveyed

report that some symptoms, such as joint pain, stiffness, and swelling are reduced by medication, 49 percent report they continue to change their daily household activities as a result of their arthritis.

"This survey brings to light the need for aggressive research in the treatment of rheumatoid arthritis, a disease affecting more than 2.1 million Americans," says Dr. John H. Klippel, president and CEO, Arthritis Foundation. "It is a clear indication that we still have a great deal of work to do to improve quality of life for people with RA when more than one-third of the people surveyed feel their condition affects their ability to control their own future or perform daily activities, in spite of taking their medication. The Arthritis Foundation encourages people with RA to play an active role in their treatment by asking their physicians about the latest treatments available, as well as promising new research on the horizon."

Despite significant improvements in treatment for RA over the past 10 years, the survey also found that among those affected by the disease:

- More than 50 percent are extremely concerned about their ability to take care of themselves or the likelihood of becoming disabled in the future
- The two most important factors in possible new treatments for RA are that the medication relieves pain more completely or provides longer periods of relief from their pain
- The top three concerns about RA treatments are the potential for long-term consequences for overall health, an increased risk of infection, and inadequate relief of fatigue
- Nearly three-quarters are very or extremely interested in having their treating physician tell them about new RA therapies
- Nearly two-thirds are very or

extremely interested in having their treating physician tell them about new RA clinical trials for which they might qualify and spend more time explaining RA medications

"These findings clearly show that patients desire more information and heightened communications with their treating physicians," says Dr. Eric Ruderman, medical advisor to the Arthritis Foundation and assistant professor, Feinberg School of Medicine, Northwestern University. "This represents a call-to-action to the healthcare community to expand our dialogue with patients about current treatments, discuss new RA clinical trials and keep them abreast of emerging research, such as different approaches to impact the immune cell interaction in RA."

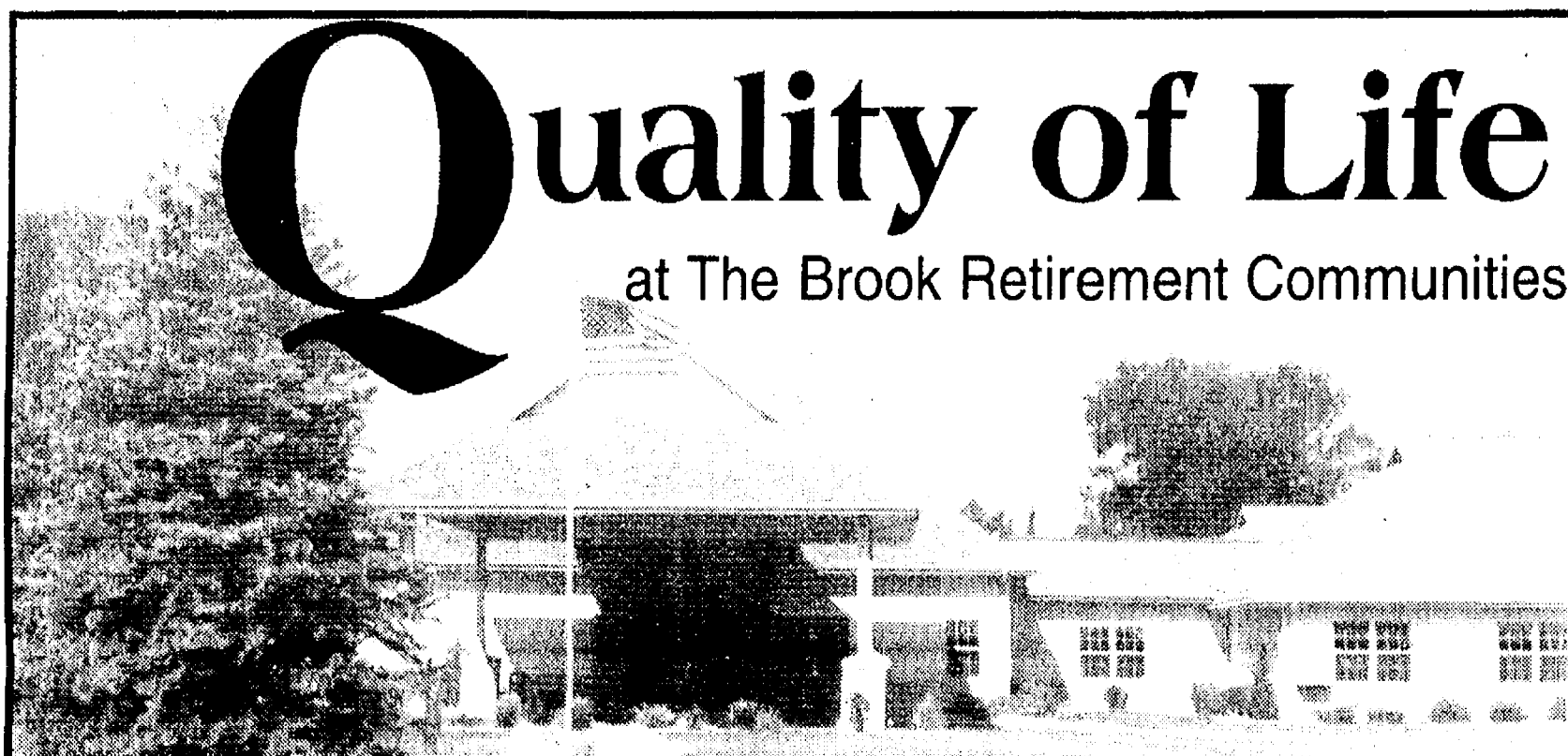
Arthritis is the nation's leading cause of disability, costing the U.S. economy more than \$86 billion annually. RA is an autoimmune disease in which the body's immune system attacks healthy joint tissue and causes inflammation and joint damage. The disease often persists for many years, typically affecting many different joints throughout the body, and causing damage to the cartilage, bone, tendons and ligaments of the joints. RA affects women three times more often than men, primarily in the childbearing years of a woman's life.

For more information about steps you can take to improve your quality of life with RA, contact the Arthritis Foundation at (800) 283-7800 or visit [www.arthritis.org](http://www.arthritis.org). The Arthritis Foundation offers free information, materials and access to "RA Connect" an interactive online community and comprehensive resource created by and for people living with rheumatoid arthritis as a creative means to connect with others who have been touched by the disease.

(Courtesy of ARA Content)

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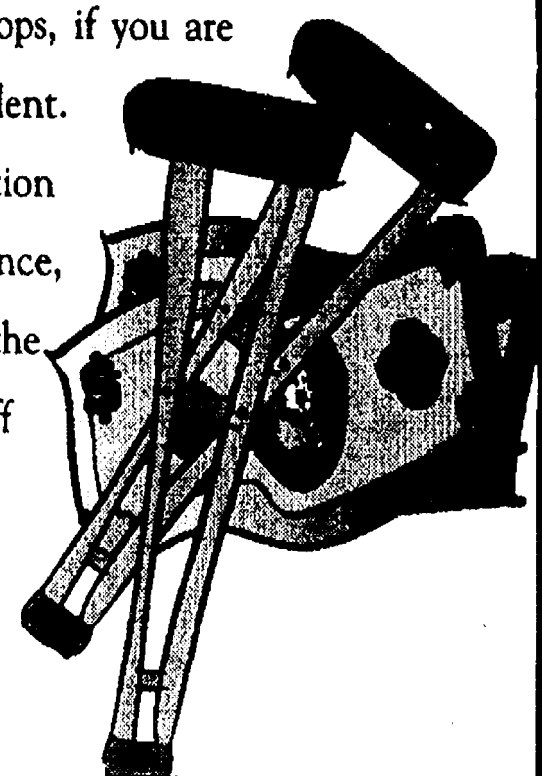
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# Fresh Produce Plays an Important Role in a Healthy Diet

(ARA) – We all know that “an apple a day helps keep the doctor away,” but the Dietary Guidelines for Americans released in January by the USDA drive home the importance of including a variety of fresh fruits and vegetables in your diet.

The guidelines recommend nine servings of produce every day as part of a healthy diet – four servings of fruit and five servings of vegetables. This is up from the previous recommendation of five servings a day.

“Fruits and vegetables are the powerhouse foods with mega-nutrition for few calories, and should be the cornerstone of any healthful diet,” says Kathy Means, vice president of the Produce Marketing Association. Fresh fruits and vegetables are a great source of fiber, potassium and anti-oxidants.

About now, you may be thinking,

“sure, they’re good for me, but how in the world can I work that many servings of fruits and vegetables into my daily routine?” The good news is that it’s probably easier than it appears at first glance.

While nine servings of fruits and vegetables sounds like a lot, when you look at the total quantity of food involved, it becomes much more manageable. For example, four servings of fruit translates into two cups; five servings of vegetables works out to 2 1/2 cups. And if you’re filling up on fruits and vegetables, you’re much less likely to be craving a candy bar or chips.

Here are some tips for fitting those nine servings a day into your menu:

- Choose a variety of fruits and vegetables. Now is a good time to expand your horizons and try something new, like root vegetables or

ugli fruit.

- Try to include different colors of vegetables in your diet every day – red, as in peppers and tomatoes; green, such as spinach and kale; orange from carrots and squash; white from corn and cauliflower; and purple like eggplant.

- Make fruits and vegetables part of every meal. Have a glass of juice with breakfast, or add berries or bananas to your morning cereal. Add a salad to your lunch routine, and vegetable dishes to your dinner table.

- Fruits and vegetables are great as portable snacks. Grab an apple or some carrots on your way out the door.

- Smoothies are fun to make, tasty to drink and a good way to consume fruits (and vegetables, too). Blend your fruit of choice with yogurt for a refreshing breakfast treat or a mid-afternoon pick-me-up.

The guidelines also advise consumers to practice safe food handling techniques. The Partnership for Food Safety Education has tips for the proper handling of fruits and vegetables at [www.fightbac.org](http://www.fightbac.org). They include checking produce for bruising or damage before you buy it, cleaning your hands before handling produce, cleaning the produce, and cleaning all surfaces that produce will come into contact with; and separating produce from other foods such as raw meat, poultry and fish.

Along with the advice to eat more fruits and vegetables, the guidelines also recommend reduced calorie consumption, limiting fat intake, consuming less salt and increasing daily exercise. Don’t try to implement all these changes into your

lifestyle at once. Incorporate them slowly so you won’t be overwhelmed. Over time, these changes will pay off in improved health and reduced risk for major chronic dis-

eases.

For more tips on adding fresh fruits and vegetables to your diet, visit [www.5aday.org](http://www.5aday.org).

(Courtesy of ARA Content)



Photo courtesy of ARA Content

**The Dietary Guidelines for Americans from the USDA recommend nine servings of produce every day as part of a healthy diet – four servings of fruit and five servings of vegetables.**

## Nine Tips to Promote Weight Loss

(NUI) – Sticking to a diet is difficult. Temptations are everywhere. From fatty fast food to greasy potato chips to dairy-rich ice cream, it seems impossible to escape diet-breaking foods.

Thus, it’s common for dieters to give up after just a few days or weeks. Here are a few tips to help you stick to your diet and meet your goals.

- Decide on a realistic final weight and stay with it. If you set your goal too high, you will be disappointed with anything less than perfection. However, do not pick a goal that is too easily attainable or does not achieve the type of appearance or health benefits you seek.

- Keep a journal. Write down the foods you eat and the times you eat them throughout the day. After a few days, you will be able to see a pattern. For instance, you might find out that you tend to snack most often in the afternoon. Identifying the patterns in your food habits will help you conquer temptations.

- Eat slowly and enjoy your food thoroughly. By eating slowly, you can savor your food. This way, you’ll eat your meal in your usual amount of time, but at the end, you will have eaten less food.

- Keep foods you are trying to avoid out of your house and workplace. It’s easy to munch on snacks when they are easily accessible. If you don’t see them, you won’t eat

them.

- Don’t starve yourself. If you do, you will want to eat too much later and, consequently, lose some of your progress. For the same reasons, don’t deprive yourself too much. Once in a while, have a meal that consists of any food you want to eat.

- Substitute. Learn to enjoy healthier alternatives. Choose pretzels instead of candy, chips and cookies; frozen yogurt or fruit bars instead of ice cream; and Canadian bacon in place of regular bacon or

sausage. Choose broiled or grilled foods instead of fried foods.

- Drink water. It will help keep you full. When you want variety, choose unsweetened herbal tea instead of alcoholic drinks and soda, which are loaded with calories.

- Don’t get discouraged. If you break the rules, get back to your diet with the next meal.

- Get help. Speak with your doctor about various options available to you. Some people find supplements helpful.

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# Depression: Finding the Road to Recovery

(NUI) - Diagnosed with depression at the age of 35, Candace (to protect her privacy, only her first name is used) thought she was on the road to recovery. After months of taking an antidepressant prescribed by her family doctor, Candace was beginning to enjoy hobbies again. She also noticed that she wasn't crying as much anymore. Yet she still had vague aches and pains and often an upset stomach that wouldn't go away.

Candace was surprised to learn that these physical symptoms were linked to her depression. Her doctor told her that her aches and pains, as well as stomach problems, were preventing her from getting completely well and increasing her chances of getting depressed again.

Unfortunately, she is not alone. As many as 70 percent of depressed patients that visit their family doctor have physical symptoms. Recently, several depression experts gathered to talk about why so many patients with depression do not get completely better.

## Defining Recovery

Successful recovery means something different to each patient. For example, some patients may think they are fully recovered when they are able to

stop crying frequently or return to work and pay their bills. Other patients may feel that they have recovered when they can maintain close relationships with their loved ones.

The patient and doctor should form a partnership and discuss goals of treatment, said Dr. Stephen Stahl, a psychiatrist at the University of California at San Diego.

Painful physical symptoms of depression, such as an upset stomach or back pain, can linger even after the emotional symptoms have disappeared, which makes a complete recovery harder to achieve.

"New research has shown us that patients have the best chances of recovery if both their emotional and physical symptoms are treated," Stahl said. "Many people don't realize that depression is more than just sadness and when we don't treat it as a whole body illness, the results won't be as good."

## More Than Sadness

Mary Guardino, executive director of Freedom From Fear, a national mental health advocacy organization, noted that depression is a disease that comes and goes.

"Sometimes the physical symptoms mask the emotional symp-

toms. Other times, the emotional symptoms may be more troublesome," she said. "While the physical and emotional symptoms of depression are connected, the good news is that they can both be treated."

Current medical research on depression suggests that by increasing the levels of serotonin and norepinephrine simultaneously, the impact of both emotional and physical symptoms of depression on patients may be lessened.

"The goal for recovery should be to treat and improve the full range of symptoms," Stahl said. "Depression is a treatable illness. If your medication isn't helping you get better, talk to your health care provider about other options that can get you completely well."

During an office visit, discuss these questions with your doctor:

- Is your sadness preventing you from doing what you like to do?
- What is making you the most sad?

• How do you feel emotionally and physically when you are feeling low?

• What does "getting better" mean to you?

For a free brochure about depression, call 1-800-475-MICH. For more information about depression, log on to [www.freedomfromfear.org](http://www.freedomfromfear.org).

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# Learn the Myths and Facts About Diet, Nutrition

(NUI) - Are you trying to lose weight but are not sure whether you should eat only cabbage or grapefruits, avoid eating after 8 p.m. or skip lifting weights so that you do not bulk up?

Making sense of the myriad of weight loss, nutrition and physical activity myths can be confusing.

To clear up the confusion, the experts at the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) have created the science-based "Weight Loss and Nutrition Myths" fact sheet. Not only does it give you the facts behind popular weight loss, nutrition and physical activity myths, it may also help you make healthy changes in your eating and physical activity habits.

The truth is, there are no quick fixes to losing weight or toning up, despite what many popular books, plans or infomercials promise. While some people may want to lose weight quickly, a slow and steady weight loss is healthier and more likely to be maintained over the long term.

According to the brochure, fad diets may sometimes produce rapid results but most people quickly get tired of them and regain lost weight. Furthermore, losing weight at a very fast rate (more than three pounds a week after the first couple of weeks) may increase your risk for developing gallstones.

Diets that provide less than 800

calories per day also could result in heart rhythm abnormalities which can be fatal.

Research suggests that losing one-half a pound to two pounds a week by making healthy food choices, eating moderate portions and building physical activity into your daily life is the best way to lose weight and keep it off.

Adding in weight training will also increase your metabolic rate. And no, lifting weights will not make you "bulk up." Actually, by adding strength training to your workout, you replace fat with muscle, which burns more calories than body fat. The fact is, if you have more muscle, you will burn more calories - even when sitting still.

To receive a free copy of "Weight Loss and Nutrition Myths," call the Weight-control Information Network (WIN) toll-free at 1-877-946-4627 or view the fact sheet online at [www.niddk.nih.gov/health/nutrit/nutrit.htm](http://www.niddk.nih.gov/health/nutrit/nutrit.htm).

WIN is a national information service of the NIDDK, of the National Institutes of Health (NIH), part of the U.S. Department of Health and Human Services (DHHS).



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# Alcohol: Health Benefit or Health Risk?

By Jennifer Grossman  
For News USA

(NUI) — We've all heard the news about the potential heart-health benefits of moderate alcohol consumption. It's no wonder such stories grab headlines. They're the nutritional equivalent of the classic media formula of "man bites dog." As for the rest of us, we celebrate by raising a glass to our health.

But whenever I hear one of these reports, I wonder whether it actually ends up doing more harm than good. Most fail to mention the health risks of excessive alcohol consumption, which will do a body far more damage than moderate consumption will do it good. And they leave the impression that health benefits apply to men and women alike. Not so.

Most of the research regarding alcohol's effects in raising good cholesterol, or HDL, levels looks at men and post-menopausal women. Very little, if any, evidence suggests that alcohol consumption in younger women is beneficial. Even worse, other studies associate younger women's

alcohol consumption with increased disease risk.

Up to 4 percent of breast cancers can be attributed to alcohol. According to a recent study in the British Journal of Cancer, every drink increases a woman's chances of developing breast cancer. In a recent summary of 63 published studies, 65 percent of the studies found an association between alcohol consumption and increased breast cancer risk.

It's tempting to dismiss these health risks by pointing to more obvious ones, like excess weight and inactivity. In fact, 54.3 percent of women age 20 to 39 are obese or overweight. But if you're one of them and you're trying to lose weight and increase fitness, drinking alcohol will hardly help you achieve your goals.

Add that much-ballyhooed glass of red wine a day without making any other changes in your diet or exercise, and you'll gain nearly 15 pounds per year. In four years, you'll be 60 pounds heavier, which won't do much to help your heart.

Counting calories from alcohol can be doubly difficult. Not only

are these calories less satisfying than those from food, these days they're likely to come in supersized martini glasses the size of swimming pools. Alcohol sabotages your diet in other ways as well. Lowered inhibitions can lead to overeating, while even one drink can dampen your metabolism for up to 24 hours.

Bottom line: Be honest with yourself. Don't use health claims about spirits as an excuse to justify excessive drinking which endangers your life, liver, looks and limbs. Keep in mind that plenty of other, better ways to improve heart health are out there. Start by getting and staying fit. Exercise at least five times each week. And eat a diet rich in fruits and vegetables, whose antioxidants may reduce the risk of heart disease by reducing the oxidation of cholesterol in your arteries.

Most of all, remember that less is more. And get all the facts before you go looking for your health at the bottom of a glass of booze.

Jennifer Grossman is the director of the Dole Nutrition Institute.

## Why Health Education is So Important for Today's Kids

(ARA) — The statistics are staggering! According to the American Dietetic Association, six million kids in the United States are seriously overweight and five million more are on the verge of joining them. At this pace, experts say by the year 2030 everyone in America will be obese. Part of the blame can be placed on junk food. Inactivity is also to blame; and if something isn't done soon, a new study suggests that within the next 30 years, more than 180,000 people will die of diabetes, a condition related to obesity, in California alone.

As part of the effort to prevent that from happening, last year President Bush signed the Child Nutrition and WIC Reauthorization Act of 2004 into law. In addition to improving the quality of food in schools and expanding the availability of nutritious meals and snacks to children, the Act contains a provision requiring every school district participating in the USDA's school meals programs to establish a local Wellness Policy by the beginning of the 2006/2007 school year.

Under the Wellness Policy, schools must set goals for nutrition education and physical activity, establish nutrition guidelines for all foods available at school, design activities that will promote student wellness, and publish a plan for evaluating the policy. "I'm convinced the Wellness Policy is going to be the key to a healthier America," says Dr. Gus Dalis, past president of the American

Association for Health Education. "Health education, today, is about more than just eating right and exercising. It's about addressing topics that affect kids in their every day lives."

When it comes to enacting a Wellness Policy, some school districts are further ahead of the game than others. In California, for example, they are already in the process of adopting new health textbooks that address the overall health picture.

The new books focus on the concept that to achieve and maintain total health, people need physical, social and emotional well being. Students learn the importance of keeping their bodies healthy through proper diet and exercise; how to understand themselves and others by delving into the issues of mental health, social health and conflict resolution; and about the effects drugs, alcohol, tobacco and risky behavior can have on their bodies. They also learn the basics about allergies, asthma, cancer, heart disease and diabetes; and the importance of safeguarding the environment in which they live.

Dr. Dalis says the environment really plays a big role in the overall picture. "A child who not only knows that drugs are bad, but has learned resistance skills in their health class will be less likely to try drugs at a party. Those same resistance skills will prevent a child who grows up in a home where the parents smoke from picking up the habit as well; or

from buying a candy bar in the vending machine instead of snacking on carrots they brought from home. Today, health education is really about giving kids the navigation skills they need to make it through life."

For more information about health education in schools, log on to [www.healthykids4betterlearning.com](http://www.healthykids4betterlearning.com).

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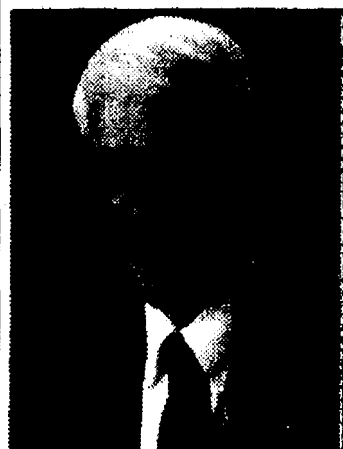
**Dr. Northway and the staff at AuSable  
Orthodontics are thrilled to be joined by  
Dr. Jason Hall**

Dr. Hall is a native of Manton and attended Central Michigan University before obtaining his dental degree and Master of Science in orthodontics at the University of Michigan.



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# Tips to Help Your Child Stay Healthy and Fit

(NUI) – American kids are making headlines. But, the news isn't something to cheer about. Turns out they are becoming more overweight than ever before.

Today, about 16 percent of children ages 6 to 19 are overweight, according to the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), and the number is steadily increasing.

The dangers of being overweight in childhood are the same as in adulthood: heart disease, high blood pressure, high cholesterol, the precursors to type 2 diabetes and even some forms of cancer.

Experts say children need at least one hour of physical activity each day. Is your child this active?

Parents play a big role in shaping children's eating and physical activity habits. Helping your child maintain a healthy weight requires a long-term commitment with modifications the entire family should embrace.

Here are a few suggestions from the experts at NIDDK.

- Set a good example. Plan family activities, like hiking, biking, dancing or basketball. Include children in active chores like walking the dog, washing the car or mowing the lawn.

- Don't forget the fun factor. It is likely that younger kids will respond better to exercise if it doesn't feel like exercise. Try climbing a jungle gym, throwing a Frisbee or

playing chase. For older children, encourage physical education classes or urge them to do activities that they like and will do every day.

- Cut down on screen time. Television viewing and other screen usage can hold your child's interest for hours, which may discourage physical activity and increase calorie consumption. Reduce your child's screen time by encouraging other behaviors such as playing outdoors or moving around during commercials. A few minutes of physical activity at a time can certainly add up.

Taking a pledge as a family to live a fit and healthy lifestyle is one of the best gifts you can provide your child.

For more ideas to help your child be physically active and eat well too, read the free booklets "Healthy Eating and Physical Activity Across Your Lifespan: Helping Your Child" and "Helping Your Overweight Child" from the Weight-control Information Network. Call toll-free 1-877-946-4627 or view the booklets online at [www.niddk.nih.gov/health/nutrit/nutrit.htm](http://www.niddk.nih.gov/health/nutrit/nutrit.htm).

WIN is a national information service of the NIDDK of the National Institutes of Health, part of the U.S. Department of Health and Human Services.

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